

Chinese Canadian Legend 2002

紅楓傳奇

馮紹傑
老吾老以及人之老

關保衛
做自己的主人

賴德梧
管弦天籟傳樂韻，交響人間妙奏音

羅志勤
愛的世界

麥朝彥
平常心是道，道出不平常

黃朱珍妮
讓世界更美，更動人

華商網絡
Asian Business Networking

榮譽發行紅楓傳奇2002
心靈激流的故事

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<<麥裕鐘老師主理兼任教>>

To write the Chinese Canadian Legend, I always feel inspired. It is not an easy task to fully describe in just around two thousand words, the Award Recipients whose experience span over the decades. To state the stories in a straightforward manner may not be so inspiring as the original purpose of this book. Whilst to over-state or flower the point may mislead the readers. So maintaining a poetic and basic balance becomes a challenge every year. As in last two editions, I maintain that no person is perfect. However, if we can always praise and appreciate others for their merits, think bright and act positive, what a wonderful world it would be.

Again, it is not my intention to glorify the achievements of the recipients who are featured in this book. I simply and honestly want to present some of their best qualities. I sincerely hope that the readers not only find the stories inspiring and enlightening, but also of practical use, and apply them in daily life.

Although I am quite occupied with personal and business affairs and need to fly back and forth between North America and Asia several times a year, the Legend is always placed on the top of my priority list. I honestly enjoy writing the stories as the spirit of the Legend is truly something needed nowadays. The Book Fair in Hong Kong this year was packed with books similar to "Chicken Soup for the Soul". The author of this book feels grateful that Asian Business Networking had this vision three years ago!

Under the leadership of Mr. Bammy Wong (President), Mr. John Yuen (Panel Chair, Nomination Committee), and Ms. Helen Lu (Chair, Fundraising Committee), we are heading for the fourth year of the publishing mission. In the third edition of the Legend, we are grateful to have:

At the beginning of the year, the writer urged people to speak good words that would serve to better our relations with people. For those who followed my advice, have found a lot of merits especially during bad times and also brought it to my attention!

To further elaborate my viewpoint, I would like to share with the readers at this time about mastering Life with our sub-consciousness" based on the writer's practical experience. p.112



撰寫「紅楓傳奇」，不禁抖擻提勁，集中精神，搖動筆桿一筆一劃點題訂稿。人生經歷數十載，以寥寥二千字涵蓋陳述，並不簡單。要以平舖直述，恐難收激發勵志之效，與出書原意不符；過於誇張渲染，怕犯上誤導失職之罪，令誠信盡失！要用那一個角度描繪寫真，是每年最大的考驗，亦是運筆著墨的重點所在。雖然公私兩忙，奔走於美加中港之間，筆者總是以「紅楓」排於首要，常樂此不疲。概因紅楓奮戰的精神，正是當今世代之大勢所「需」！且看今年香港書展，心靈雞湯同類書籍之普及，心中暗喜「華商網絡」有點洞悉先機，先知先覺的能力。在王昆明會長掌舵、阮啟剛先生及陸媽媽郎毅女士揚帆響號之下，努力邁向第四個年頭！

p.36

馮紹杰的耆老服務，勾起了筆者中學時期唸「與妻訣別書」的深刻回憶。語云：「仁者老吾老以及人之老，幼吾幼以及人之幼。」以吾愛汝之心，助天下人愛其所愛．．．汝體吾此心，亦以天下人爲念，當亦樂犧牲吾身與汝身之福利，爲天下人謀永福也。」

放下個人利益，付出大量私人資源時間，「爲天下人謀永福」，於多倫多爲長者提供服務的，除耆輝會外，還有頤康、孟嘗；我們向這群熱心公益的人士致以最崇高的敬意。

p.50

關保衛堅決做自己的主人，啟發大家也做自己的主人。那邊廂馮紹杰揚起「老吾老以及人之老」的旗幟，這邊廂關保衛熱烈回應以「幼吾幼以及人之幼」，發願「再窮也不要讓教育窮，再苦也不要讓孩子苦」，爲貧苦兒童的教育請命，深入「人無三分銀，地無三寸平」的窮鄉僻壤探訪，想他又在整理行裝，隨機待發。

賴德梧指揮音樂演奏，為中國音樂邁進國際領域努力。在欣賞他臺前「眼觀四面」，眉目傳情；「耳聽八方」，辨音定律；且看幕後原來經過多次的排練，調較最佳聽覺效果；正是臺前一分鐘，幕後十分鐘！ 再帶你闖進他的內心世界，一睹「指揮藝術家」的真我風采。

p.62

羅志勤對人的「愛」，是「受」之以「心」，是深情真愛；對父母家人，是親情摯愛、對「紅楓傳奇」及慈善事業，是有情博愛；對客人朋友以至拍檔，是友情厚愛。 見羅志勤有種「停不了的愛」的感覺，問世間情是何物？ 朋友，你們有沒有察覺及好好珍惜身邊的愛及情呢？！

p.76

麥朝彥的平常心於訪問中充滿「哲理禪機」、事業上能夠「洞悉先機」、在談判上懂得「應變隨機」，投身社區服務則「日理萬機」、人際溝通諳曉「合作動機」，推動經貿主動「製造商機」。而麥朝彥闖出天空海闊則始自「速印機」！

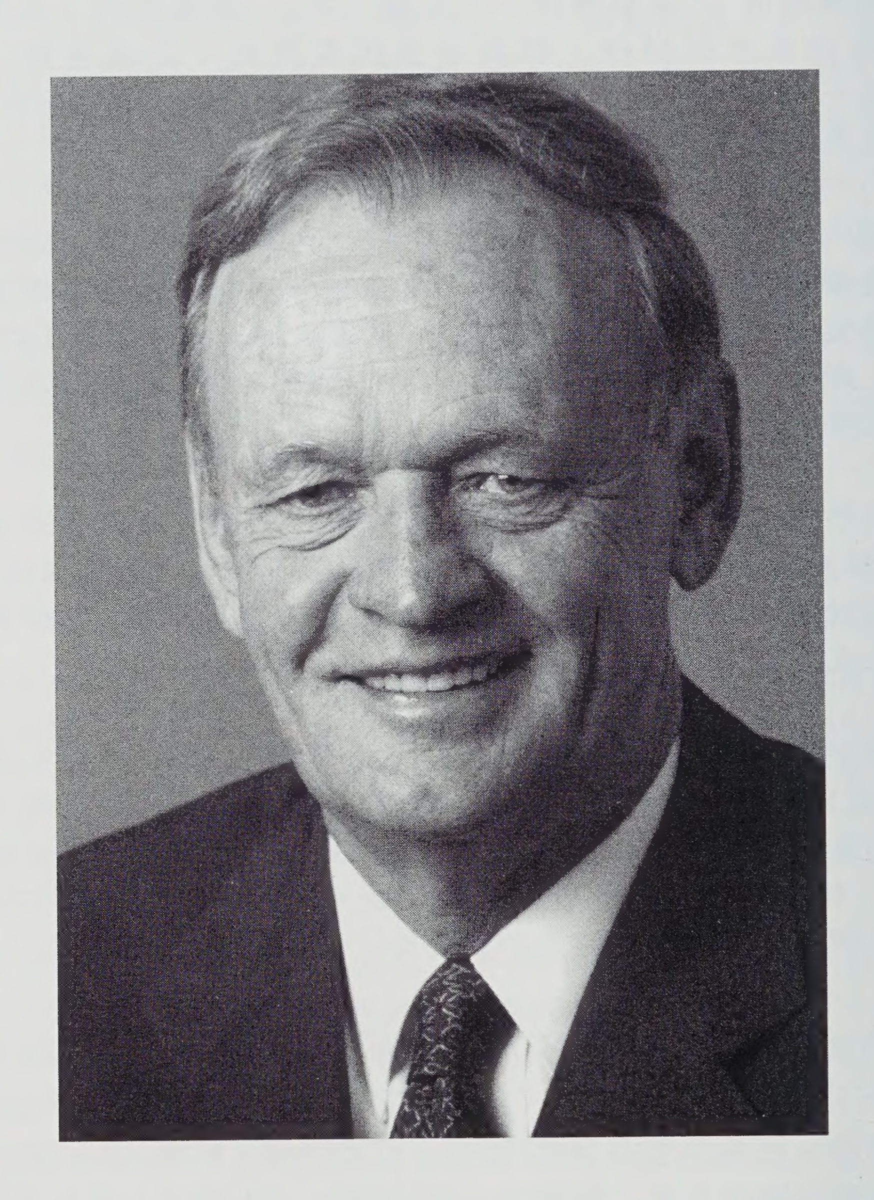
p.88

黃朱珍妮的故事剛完稿，旁邊 Rosanna 看罷，有即時想見其人「廬山真面目」的衝動，為瞭解她如何兼顧營運美容事業及養育六個兒女的重擔？ 喜逢院長空降香港巡視業務，世事巧合，往往出人意表。 約見當天，八號暴風訊號高懸，大家得以輕鬆放下繁忙事務，風雨中促膝暢談，信是神的安排

p.100

回想創作「紅楓傳奇」之構思乃源自破困衝障之真人真事，當「以天下蒼生」苦受為念，是以字字啟發，句句激勵，誠願大眾遠離苦難，得樂逍遙，充份發揮「紅楓效應」！年初筆者呼籲要做「喜鵲報春」，說「美言」講「好話」，不要「烏鴉臭嘴」，搬「是非」打「妄語」。遵照建議的，今年逆境偏逢好運，還向筆者傳訊報喜！為分析這個現象，今期特別提出以「潛意識改命造運」，與讀者諸君分享筆者多年的體驗。

p.112



Honourable Jean Chrètien

The Prime Minister of Canada





PRIME MINISTER · PREMIER MINISTRE

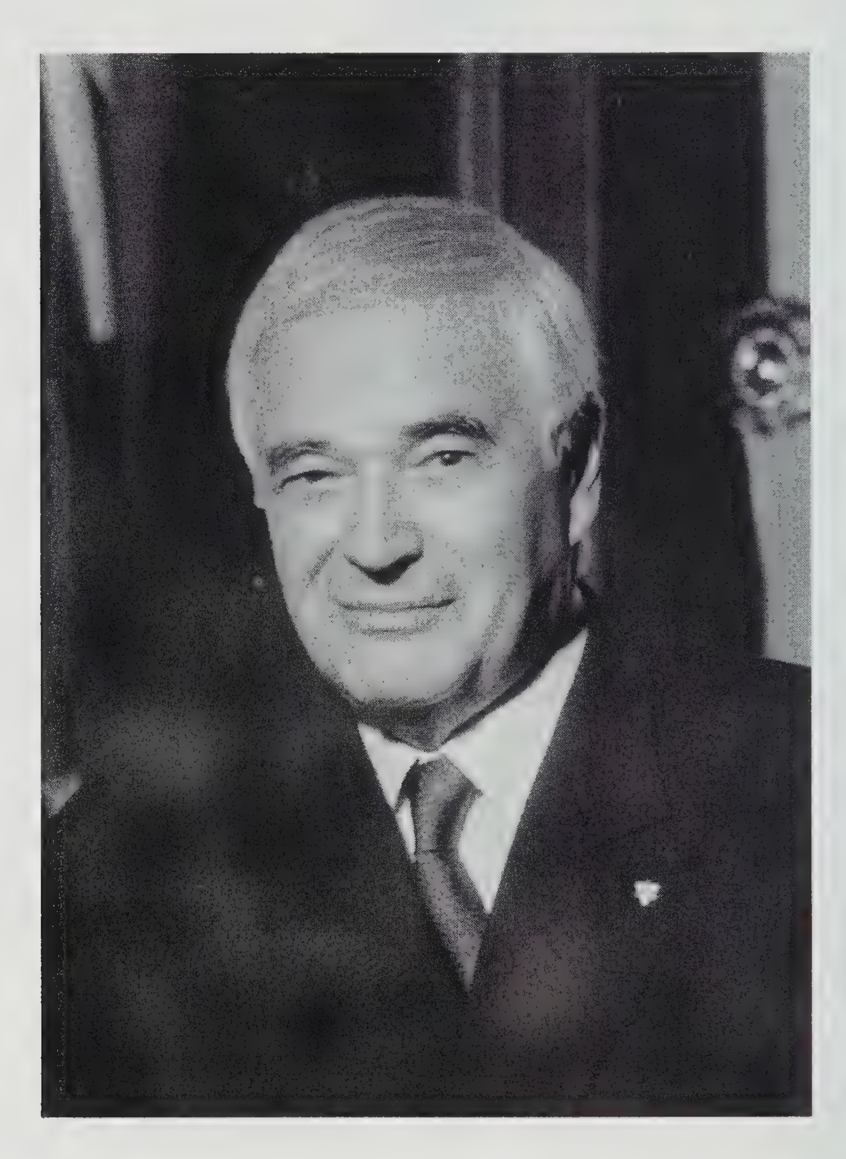
I am pleased to extend my warmest greetings to everyone attending the eighth annual dinner gala being hosted by Asian Business Networking.

Tonight, as you gather to pay tribute to several outstanding members of the Chinese community, you may also wish to reflect upon the role Canadians of Chinese descent have played in building our strong, prosperous and inclusive nation.

I would like to congratulate this evening's guests of honour. I am certain that everyone in attendance will not only enjoy learning from your experiences, but will also be inspired by the many achievements which have made you worthy of this special recognition.

Please accept my best wishes for a most enjoyable and memorable gala evening.

OTTAWA
2002



Honourable James K. Bartleman

The Lieutenant Governor Of Ontario





THE LIEUTENANT GOVERNOR OF ONTARIO
LE LIEUTENANT GOUVERNEUR DE L'ONTARIO

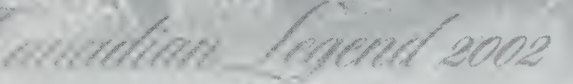
October 2002

I am pleased to convey my best wishes to members of the Chinese community in Canada, on the occasion of the publication of *The Chinese Canadian Legend.*

The inspiring stories told in this volume highlight the achievements of individuals who have shown great initiative and skill in developing successful businesses. Their efforts have contributed to the economic vitality of communities across Canada, and have created a dynamic business environment in which newcomers can make the most of their abilities and opportunities.

I wish you every success in your future endeavours.

James K. Bartleman





The Premier
of Ontario

Legislative Building
Queen's Park
Toronto, Ontario
M7A 1A1

Le Premier ministre
de l'Ontario

Hôtel du gouvernement
Queen's Park
Toronto (Ontario)
M7A 1A1



CHINESE CANADIAN LEGEND 2002
ASIAN BUSINESS NETWORKING

October 26, 2002

On behalf of the Government of Ontario, I am pleased to extend greetings to everyone honouring those individuals chosen as Chinese Canadian Legends 2002, by Asian Business Networking.

May the awards presented this evening serve as a reminder of your hard work, dedication and determination to your community and our Province.

Chinese-Canadians continue to be dynamic contributors to our Province and through your values, beliefs and actions you have strengthened the cultural fabric of Ontario. You should reflect with pride on your heritage and on your vital role in making our Province the best place to live, work and raise a family.

Please accept my best wishes for a memorable evening.

Ernie Eves, MPP
Premier





October 26, 2002

As Premier of British Columbia, it is my pleasure to join with Asian Business Networking in welcoming those who contributed to the *Chinese Canadian Legend 2002*, as well as all the guests, to the ceremony honouring their achievements at the Sheraton Parkway Toronto North Hotel.

British Columbians are proud of their multicultural heritage, and the vibrant Chinese culture adds significantly to our provincial mosaic. The *Chinese Canadian Legend 2002* contains accounts of successful Chinese contributions to business, politics, community service, and religion that promote cultural diversity and encourage effective understanding and harmony among people in Canada. All of the contributors to the Legend deserve to be proud. I would also like to thank the members of Asian Business Networking. Your hard work and commitment has made this publication possible.

On behalf of the Province of British Columbia, please accept my best wishes for an enjoyable and fulfilling awards ceremony.

Sincerely,

Gordon Campbell
Premier

Office of the Premier

Mailing Address:
PO Box 9041 Stn Prov Govt
Victoria BC V8W 9E1

Location:
Parliament Buildings
Victoria





THE PREMIER OF ALBERTA

Message from Honourable Ralph Klein
Premier of Alberta

On behalf of the Government of Alberta, it is my pleasure to provide greetings in Asian Business Networking's Chinese Canadian Legend.

Alberta is home to many Chinese Canadians, in fact, Chinese is the second most spoken language in Alberta homes. We take pride in the significant contributions Chinese Canadians have made towards the prosperity of our province. The individuals profiled in Chinese Canadian Legend *are testaments to the creativity, determination, and entrepreneurial spirit of Chinese Canadians.*

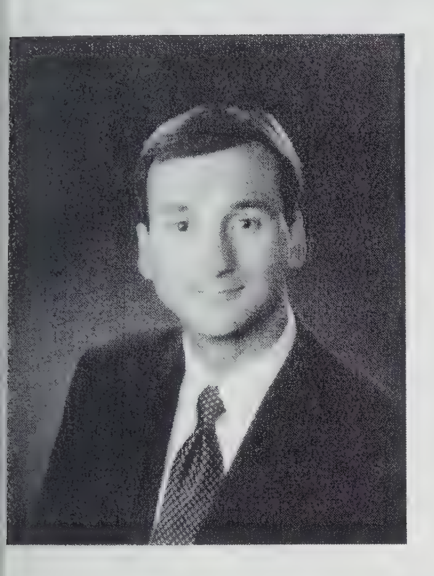
Chinese Canadians make a significant contribution to the Alberta Advantage – a term encompassing those elements that make Alberta an outstanding place to live, work, and visit - by embodying the positive business climate in the province and by bringing about outstanding achievement in their fields. At the same time, they demonstrate an ongoing commitment to their communities by helping build a safe environment and a superior quality of life for all Albertans.

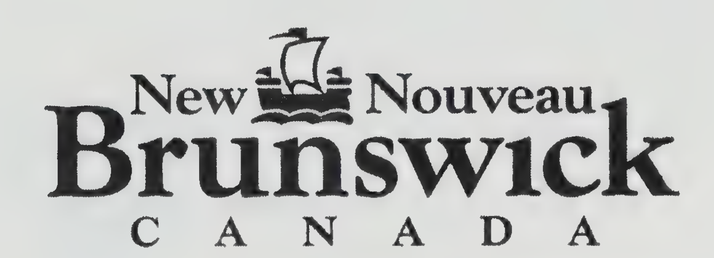
I would like to commend Asian Business Networking for its dedication to providing business resources, connections, and support to its members and the community. Best wishes.

Ralph Klein

September 2002

Legislature Building, Edmonton, Alberta, Canada T5K 2B6 Telephone (780) 427-2251 Fax (780) 427-1349





Message from the Premier

I would like to take this opportunity to congratulate the Board of Directors of the Asian Business Network on its outstanding work on the soon-to-be-published book *Chinese Canadian Legends*. Chinese immigrants have played a significant role in the building of Canada and continue to contribute to the growth of the country.

Message du premier ministre

Je désire profiter de cette occasion pour féliciter le conseil d'administration du Asian Business Network, le réseau d'affaires asiatique, pour l'excellence de son travail menant à la publication prochaine de son livre, *Chinese Canadian Legends* (légendes canadiennes-chinoises). Les immigrants chinois ont joué un rôle important dans l'aménagement du Canada et continuent de contribuer à la croissance du pays.

Bernard Lord
Premier / Premier ministre

Prince Edward Island
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MESSAGE OF WELCOME
FROM
PRINCE EDWARD ISLAND

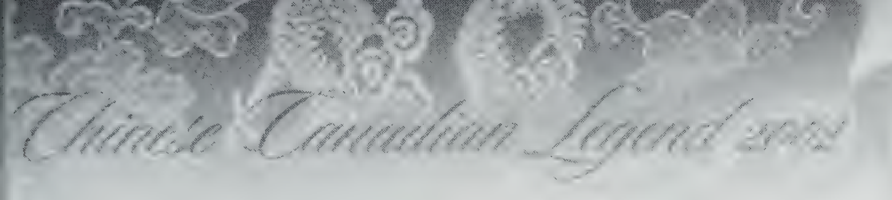
As Premier of Prince Edward Island, I would like to welcome all celebrated individuals, as recognized in *The Chinese Canadian Legend*. Your humanitarian efforts and valuable contributions to the Canadian culture are not only admirable, but exemplary.

On behalf of the province of Prince Edward Island, I offer all award recipients best wishes for continued success in Canada. I trust that the release of *The Chinese Canadian Legend* will encourage and inspire readers, as the Asian Business Networking provides them with a remarkable message of insight and perseverance not only for Chinese immigrants across Canada, but for all of humankind.

In this time of global unrest and uncertainty, may we continue to strive for world peace and cultural tolerance.

Pat Binns
Premier of Prince Edward Island

October 2002





中 华 人 民 共 和 国 驻 多 伦 多 总 领 事 馆

Consulate General of the People's Republic of China

240 St.George Street,Toronto,Ontario,Canada,M5R 2P4,Tel:(416)9647260 Fax:(416) 3246468

值此《红枫传奇》慈善晚会举行之际，我谨代表中华人民共和国驻多伦多总领馆向华商网络，以及其他为《红枫传奇》一书及晚宴举行而贡献自己时间和精力的人士表示热烈的祝贺。

华侨华人移居加拿大已有很长的历史，在过去的100年中，加拿大的华侨华人为加拿大各方面的发展做出了杰出的贡献，在商业、政治和社区服务等方面取得了突出的成就。《红枫传奇》一书突出介绍了杰出的华裔人士，是一部反映加拿大华侨华人品格和成就的综合性文献。

衷心祝愿《红枫传奇》晚宴圆满成功！

中华人民共和国驻多伦多总领事

（孙淑贤）

二OO二年十月七日





Hong Kong Economic & Trade Office
The Government of the Hong Kong Special Administrative Region
香港特別行政區政府香港經濟貿易辦事處

I wish to congratulate the release of the *Chinese Canadian Legend* honouring the achievements of the Chinese immigrants across Canada. With a growing Chinese population in Canada in the past decades, Chinese Canadians have become a more visible community and have contributed much to the Canadian community. Among them, many are former Hong Kong residents who have maintained close links with Hong Kong, and have built bridges between Hong Kong and Canada.

On behalf of the Hong Kong Special Administrative Region Government, I wish the publication of *Chinese Canadian Legend* a big success.

Rosanna Ure
(Director)
Hong Kong Economic and Trade Office (Canada)

174 St. George Street, Toronto, Ontario M5R 2M7 Tel: (416) 924-5544 Fax: (416) 924-3599, (416) 924-3542



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Minister

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Ministre

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Greetings from the Minister

September 15, 2002

Dear Friends,

As Minister of Citizenship and Minister Responsible for Seniors, it is my great pleasure to offer congratulations to the recipients of the **Chinese Canadian Legend 2002 awards.**

Your book, Chinese Canadian Legend 2002, highlights Canadian success stories in business, politics, community service, science, arts and culture. These achievements are all the more commendable in the context of the challenges that many newcomers to Canada face as they settle in a new and different land.

This year's recipients are no different. They have surmounted many hurdles and have accomplished much. You truly are the role models that future generations will look to for guidance.

My congratulations to the Asian Business Networking for the successful launch of this first documentary book featuring the spirit, determination and tactics of Chinese Canadians.

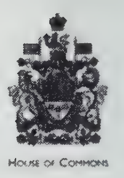
Sincerely,

Carl DeFaria
Minister





October 2002



To Asian Business Networking

As the Member of Parliament for Scarborough-Rouge River I extend my best wishes to Asian Business Networking on the occasion of the Chinese Canadian Legend 2002 Gala.

The successful work of your organization in promoting entrepreneurial initiative and growing prosperity within our community is a tribute to the many who give of their time, resources and leadership. The marshalling of the many talents necessary for such an initiative is a major asset to our community, and one that I know will continue to contribute to the Canadian business community.

I want to recognize the efforts of the organizers who contributed to make this event a success. I extend best wishes for a successful evening and for all future endeavours of the organization.

Sincerely,

Derek Lee, MP
Scarborough-Rouge River





Mel Lastman



Mayor
City Hall, 2nd Floor
100 Queen Street West
Toronto, Ontario M5H 2N2

Tel: (416) 395-6464
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mayor_lastman@city.toronto.on.ca

A Message from Mayor Mel Lastman

It is with pleasure that I extend greetings and warm wishes to everyone attending the Gala Dinner and Awards, hosted by Asian Business Networking.

Asian Business Networking is an outstanding organization that is strongly supported by its members and the community. Entrepreneurs and professionals are provided with an opportunity to connect with people and resources through seminars, exhibitions and an extensive variety of networking activities. We thank you for your involvement in the community, and applaud your hard work and dedication in promoting and preserving Chinese culture and heritage.

I am delighted that your publication the *"Chinese Canadian Legend"* honours the remarkable achievements of Chinese immigrants, and their valuable contribution to our city and our country. In Toronto, we recognize the many outstanding accomplishments of our Chinese community who play an important part in the cultural mosaic, success and prosperity of our city - something of which we are all extremely proud.

On behalf of Toronto Council and the 2.5 million people of our great city, I congratulate the organizers of this event. To tonight's award recipients, and everyone attending, I offer my very best wishes for a most memorable and enjoyable evening.

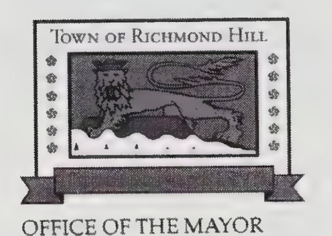
Cordially,

Mel Lastman

Mel Lastman
Mayor

October 26, 2002







Town of Richmond Hill

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Canada L4C 4Y5
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www.town.richmond-hill.on.ca

OFFICE OF THE MAYOR
William F. Bell

October 26, 2002

MESSAGE FROM THE MAYOR

On behalf of the members of Council, I am delighted to bring greetings to everyone attending this evening's 8 Annual Dinner Gala of Asian Business Networking (ABN).

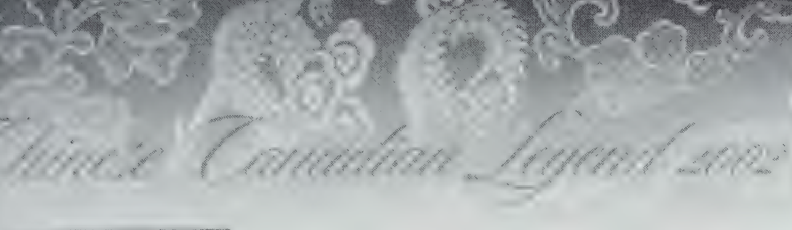
Incorporated in 1994, Asian Business Networking is a registered non profit body whose mission is to provide a friendly business environment for entrepreneurs and professionals to link their resources and experience. Over the past eight years, ABN has organized many professional seminars, exhibitions, luncheons, galas and other networking activities and has earned the wide support of the community.

Each year, at its Annual Dinner Gala, ABN recognizes a few outstanding individuals whose contribution to business, politics, cultural diversity, the arts, community services or religion truly set them apart. These are people who have earned our respect and from whom we are certain to draw inspiration. This year the stories of the award recipients will be described in "Chinese Canadian Legend 2002" a unique descriptive publication which is being released this evening in book form and will be available in electronic format as well.

We are very pleased that this prestigious event is being held in Richmond Hill. I want to express my thanks and appreciation to the organizers and my congratulations to the award winners. I'm sure that everyone will have a wonderful evening.

Sincerely,

William F. Bell
Mayor









W. Donald Cousens
Mayor

October 26, 2002

GREETINGS FROM MARKHAM

On behalf of Council and the Town of Markham, I am pleased to extend best wishes and congratulations to the ***Asian Business Networking*** on the publication of the ***"Chinese Canadian Legend".***

Cultural diversity is one of our community's most important assets and I applaud your initiative to publish the stories and achievements of Chinese immigrants who have contributed so much in the development of Canada over the last 100 years.

I am pleased to have this opportunity to show our support for your continuing efforts to provide a business friendly environment for entrepreneurs and professionals and for connecting people, resources and experience. When we strive together, we will create a better future for us all.

As Mayor, I am proud of your efforts and I am pleased to extend my best wishes for a most successful and memorable launch of your documentary book.

Yours sincerely,

Don Cousens

W. Donald Cousens
Mayor

Town of Markham, Anthony Roman Centre, 101 Town Centre Boulevard, Markham, Ontario L3R 9W3
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Asian Business Networking

Objectives

Provide forum for experience exchange and information sharing

Create business and employment opportunities

Establish business connections and interpersonal network

Activities

Seminar, talks, parties, outings, charities

Members

Entrepreneurs and Professionals

Registered as a non-profit incorporation since 1994

華商網絡

宗旨

推動商業經驗交流及資源分享

創造商業及就業機會

建立營商及人際網絡

活動

座談會、講座、戶外遊蹤、慈善捐贈

會員

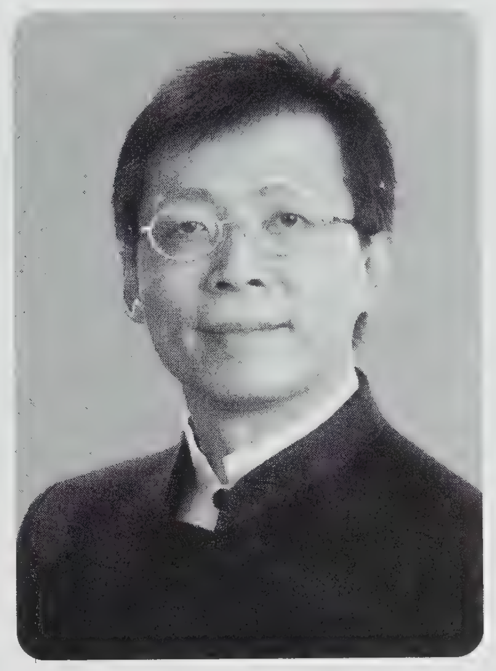
企業家、專業人士

一九九四年正式註冊為非牟利組織

Founders and Advisory Committee



Asa Law, *Founder*



Kim R. Chau, *Founder*

Advisory Committee



Alexandra Ngan



Alice Ma



Alice Fong



Tony Wong



Henry Tan

Board Of Directors



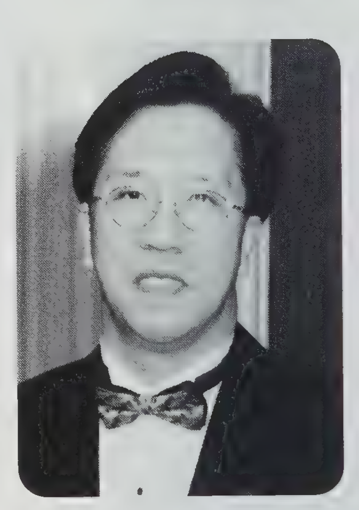
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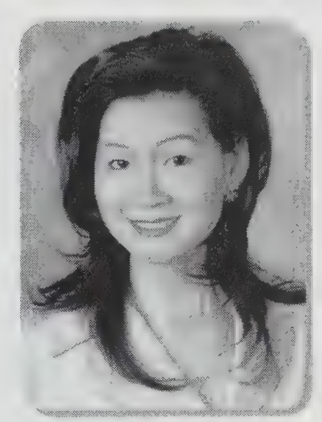


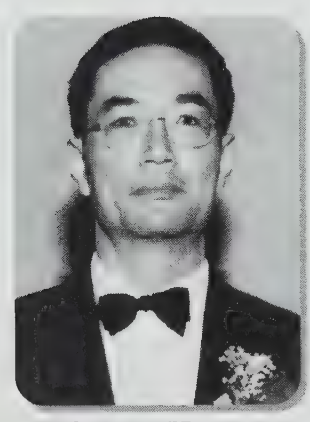
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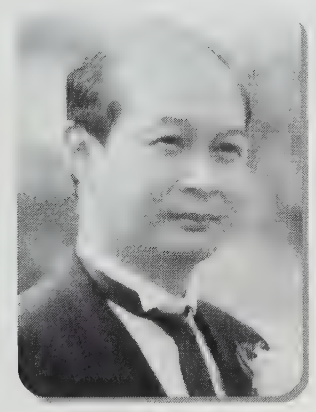

Agnes Chan Wong


Margaret Law


Steven Kwan


Elaine Kwan


Loretta Kwan


William Ip


Paul Lam


Ernie Leung



Bammy Wong

President

Message from the President

Ladies and Gentlemen,

Once again, we gathered together to recognize and celebrate the success stories of six unique individuals whose experiences will surely inspire generations to come.

It gives me great pleasure to announce that this year, we excelled ourselves by introducing video interviews of the featured recipients apart from the coverage in our book "Chinese Canadian Legend 2002", thus, presenting the more vivid stories of inspiration.

There have been lots of requests of "Chinese Canadian Legend 2002" from communities as well as individuals. Our author, Mr. Kim Chau put in remendous efforts and dedications towards the publishing of this book, the success of which has been made possible by the support and talents of all our committee members.

Hope you all enjoy the presentation and have a wonderful evening.

Bammy Wong
President

Message from the Co-Chair

"*Chinese Canadian Legend*" – The mere three words cannot quite conclude the lifelong efforts of six outstanding Chinese Canadians in our community: their long and winding path striving to success; their selfless and heartwarming endeavours to contribute to our community; and above all, their persistence amidst all the ebb and flow throughout their life and career.

We are trying to portray the life and success of these six great people on screen and in print; however, we can only record that much: Life is bigger than words. We are positive that the legend would pass on and speak for itself in the generations to come.

Tonight, not only are we celebrating the great work of the six award-recipients, but we are also celebrating the fruitful outcome of everybody's hardwork having involved in various areas making tonight's event possible. Numerous e-mails, phone calls, meetings, late dinners, and running around have culminated into tonight's gala-which would not have happened without the ongoing support and devotion from our fellow board directors and other colleagues of Asian Business Networking. Above all else, our sponsors, performers, volunteers, and production team, whose spirit and energy has driven us along the pursuit of such a meaningful cause.

Last but not least, many thanks to all the Award Recipients and our honourable guests for making tonight memorable.

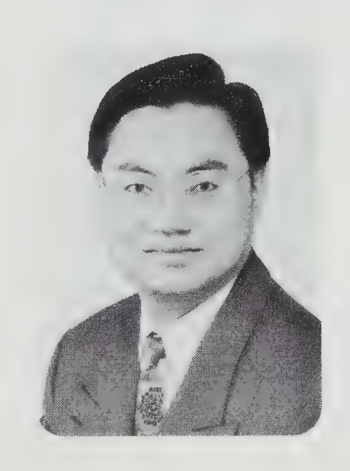
Margaret Law
Co-Chair

氣量見於寬恕，和諧出自包容；
喜悅散播歡樂，積極燃點希望！

出任「第三屆紅楓傳奇之夜」為共同主席，本人深感榮幸。參與一個隆重晚宴的籌備工作，同時經歷出版一本激勵人心的著作，我見証了華商網絡仝人齊心協力，攜手共創「揮汗的成就」！

人生如舞台，每次都扮演不同的角色。 今次我與羅小雲女士共同擔當重任，我們務必將統籌的角色做到最好。 合作過程中，大家為求盡善盡美，意見各自表達，經驗互相交流。 還記起第一輯的紅楓傳奇裡，黃志華議員提及：「面對更多的問題，解決都是由一少撮人開始。」 我一再體驗到團體合作的力量及其所發揮的積極精神。 同時更深徹領悟今屆其中一位得獎者以「自信破逆境」，令「人生不空過」的智慧。 我確信紅楓傳奇的啟發及激勵性，誠意推薦給每一位朋友，並竭盡所能繼續支持這項極具意義的活動！

感激大會各人的支持，溝通達成共識，令今晚大會得以順利地完滿舉行。 本人謹此恭祝各位有個愉快難忘的晚上。



籌委會共同主席
張鼎樑

Tonight's Programme

National Anthem

Welcome Speeches:
Ball Chairs
President of ABN

Introduction of Directors and Advisors

Introduction of V.I.P

Dinner

Award Presentation

Feature Performance

Luck Draw

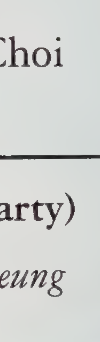
Dancing till Midnight



Masters of Ceremony

Ms Leslie Yip and Mr. Anthony Choi





Organizing Committee (Dinner Party)

Co-Chairs: *Margaret Law & Peter Cheung*

Project Director: *Cathy Rosnuk*

Fundraising Chairs: *Helen Lu*

National Anthem: *Agnes Chan Wong*

Ticketing: *Asa Law*

Floor Operation: *Ricky Ho*

Production Team: *Vincent Wong*

Volunteer Co-Ordination: *Candy Lai &Stephen Tsui*



Acknowledgements

Chinese Canadian Legend 2002

Candy Chai
Agnes Chan
Daniel Chan
Kim Chau
Tom Chau
Mandy Sham
Raymond Cheung
Anthony Choi
Lisa Eng
Phillip Pau
Terry Tao
Loretta Kwan
Becky Kwok
Christine Lau
Margaret Law
Chris Lee

Raymond Lee
Alan Leung
Eugenie Leung
Eva Leung
Miriam Leung
K.K. Li
Stella Li
Ruby Liang
Christine Lieu
Michelle Lin
Helen Lu
Ricky Ma
Rita Or
Asa Pau
Jane Poon
Cathy Rosnuck

Alice Cheng
Kit Ling Tam
Phyllis Tang
Stephen Tsui
Vincent Tsui
Ann To
Evelyn To
Willie To
Dr. Joseph Wong
Phoebus Wong
Philip Yan
John Yuen
Samantha Chan
Anthony Cheung
Geoffry Chung
Jonna Kau

Cherry Kwan
Shirley Tao
Ottilia To
Kenny Wong
Wilson Wong
Maria Yuan
Stephanie Yung
San Chan
Chak Foon Lai
Paul Wong
Hameda Samy
Farouk Samy
Barbara Samy
Kelly Chan
David Chen
Mary See

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Leslie Yip
Loretta's Carpet One
Lucky Flower House
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Ming Pao Daily
Polyfunds Investment Inc.
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Sing Tao Daily
Supercom
Tai On Construction & Decor
Tony Luk
Tradeworld Realty
Trimark Investments
William Yip, C. A.
Wine House
World Journal

All Volunteers

Special Acknowledgement

劉永全師傅
麥裕鍾師傅
富紅師傅
羅志勤先生
香遠清小姐
潘玉冰小姐

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Thank You!

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著重個人於逆境困地中，突圍脫難，發揮人生積極無畏之精神。突顯衝障破困之種種心略妙策。內容必需具有啟發及激勵作用，提升人於困境中的應變能力，啟動個人無盡之內在潛能。為保護[被提名者]的個人私隱權益，[被提名者] 全數名單，予以保密，不向外間公佈。

Chinese Canadian Legend 2002
Nomination Committee
Panel Chair: John Yuen, *C.G.A.*
Auditor: William Ip, *C.A.*
Members: Patrick Au, Master Jimmy Chan, Peter Cheung, Peter K. Cheung, Margaret Law, Helen Lu, Hughes Eng, Michael Lai, Don Lim, Joe Poon, Teresa Tsui, Dr. Joseph K. Wong, Alexander H. Yuan and representatives from the Asian Business Networking.

Prologue

Inspired by the circle of life - the ability to regenerate - the author, Kim Chau entitled his book "Chinese Canadian Legend" as interpreted literally from it's Chinese title "Red Maple Legend". At this, the author was "Red" to represent "Chinese immigrants" as "maple" to Canadian. Incidentally, phonically "red maple" in Chinese could also mean "breaking waves", fitting perfectly the theme of the book which depicts success stories of hard working, Chinese immigrants.

前言

「紅楓傳奇」的命名源自楓葉片片，飄逸紛飛，秋陽遍照的季節。眼前枯黃殘紅，重重疊疊，遍野佈地；落葉雖悽清凋零，失意低落，然而意境如詩，風情若畫！昇起「人生苦難原是福慧，生活困阻實為助緣」之念。古訓有云：「　之嫗之，春夏所以生育也；霜之雪之，秋冬所以成熟也」。

作者周鑫，於賞葉沈思，靈機一動，就以「紅」代表中華民族、炎黃子孫；「楓」象徵楓葉，加拿大國土的標幟。「紅楓」亦與「洪峰」音同，恰可描述驚濤駭浪，洪水衝天於顛峰的狀態！「傳奇」蘊涵人生歷練，奮鬥沖障，拼搏突圍；其人奇事，堪為傳誦學習之意義。故以「紅楓傳奇」為名。

老吾老以及人之老

馮紹杰
Ambrose Fung



Care for All Seniors
as a senior of Mine

Care for All Seniors as a Senior of Mine

Psychologists observe that the bodies of human beings are continuously undergoing metabolic changes in which every seven years as a cycle, every single cell is completely renewed and replaced. Therefore, the growth of human beings is classified by many stages such as childhood, adolescence, adulthood and agedness. As people get older, the physical conditions deteriorate, however, the thinking and spiritual growth accelerate.



Although Ambrose had a golden life prior to retirement, his experience post retirement has been colourful and "much better than before". Ambrose Fung, the former Principal Survey Officer of Hong Kong, is very much contented with living in Canada. Ambrose was once the focus of the media and renowned as the top-notch auctioneer in the community. In 1984, he was honoured with the Award of the "British Empire Medal" by Her Majesty Queen Elizabeth II. "I decided to retire at the age of 58 in 1990 although I could have served for another couple of years. Even though there were a lot of emotions when leaving Hong Kong, I have had an absolutely wonderful ten years in Toronto after retirement. I should complement my decision of immigration to Canada with no regret". Though Ambrose is over seventy years of age, retirement and aging to him are just a powerful momentum and a start for a new phase of living style.

"Aging" is a symbol of contribution. It is also an accumulation of wisdom and experience. It is like the Sun rising in the East burning with the vitality of life; it is followed by the Sunset in the West which radiates on earth. The oil of the light is about to burn out as it approaches the end of life, but the aged is not a burden to the society nor to a family - it is another resource ready for exploration and utilization. It is recognized that the aged need help so as not to step back and live in the memories, feeling helpless and pitiful. It is important to minimize the psychological reliance, unlock the autistic world and redefine the new meaning of life.



Ambrose has a vision for a comprehensive supportive service plan for the aged. His devotion to care for the seniors is comparable to caring for his own parents!

Heaven and Earth: Heaven brings Compassion upon the Lonely Grass; Earth brings upon a Magnificent Sunset

Over the last ten years, society has been stable and well off with prosperous economic growth. The advancement in medical technology has increased lifespans and the "baby boomers" are contributing to a rapidly growing aged population that has almost made Canada an "aging country". ding to estimates, by 2011, one-third of the population will be

between 45-64 years of age and people over eighty will sharply increase from 932,000 to over 1.3 million.

Following the increase of the aged population, society has been under the pressure of structural changes. The aging problem has superceded the family problems and has become the most prominent social issue. The impact of the aged population has brought forth new challenges to the economy such as welfare payouts, medical expenses, geriatric care and psychological and social adjustment etc. Many geriatric service organizations have thus been established to meet the strong demand by the aged.



Ambrose joined the Care first Seniors and Community Services Association (the Association) in 1995 and was elected in 1999 to the position of Chairperson, which he has held so far for three consecutive terms. "After retirement, I learned Tai Chi and toured around everywhere. The turning point that changed my post-retirement life, I think, is the Tai Chi exercise which brought me an unbelievable harvest. It all started in the year of 1995 when my wife and I visited the Association. I was soon invited to be an instructor of Tai Chi. The class was very popular and we continued our service in the Association". Ambrose recalls his splendid experience with a beam of satisfaction.

Rise Up Again! You Can Be Like Me - Not Lonely In Getting Old

"The 21st century marks a complete decade that I have been in Canada. I have been serving in the Carefirst Seniors and Community Services Association for about six years. I thought that life after retirement would be blander, however, it turns out to be very abundant and significant. Beyond my expectation, early this year in April I was honoured with a Volunteer Award Year 2000 by the Honourable Hilary M. Weston, the Lieutenant Governor of Ontario. Just merely one month after, at a "Volunteer Year Award" presentation ceremony held by the Ministry of Citizenship and Culture, my wife Vivian and I both obtained the Five-Year Service Award!" The joint efforts of the Fung couple has established a positive model for retirees.

In Nature, seasons take turns and planets travel in orbits endlessly. The same occurs to human beings - we must "act" to create unlimited energy. It is only through continuous and life long learning that one is to stay in harmony with Nature.



Confucius once said, "Being human, one strives to work hard and can forget about eating – one needs to enjoy so as to forget worries as one does not notice age creeping up on us"

The most fatal and threatening problem of aging is not the age itself but losing the steam. Some young people have an "old" heart and they exist like a living corpse. On the contrary, many aged seniors, though white haired, are full with energy and enthusiasm. Using limited life to ‑lish unlimited missions, Ambrose is fully convinced that it is of



paramount importance to fully equip and prepare for a life long marathon run.

Morning dew is brief but it refreshes the soil. This is similar to the sun shining in the winter; though lasting shortly, the sun melts the snow. "We should try our best to make use of every breath to really strive hard to light up the sparkle of life and leave the most glittering accomplishments for our future generations." Doubtlessly, Ambrose's aspiration has aroused the community's positive response to senior services.

Being Positive

Aging is an inevitable physiological phenomenon that can be overcome through acceptance, understanding and learning. However, the cruel fact for the elderly is that they are psychologically depressed, socially isolated and in financial crisis, which creates the majority of frustration. To avoid these, experts recommend to first keep healthy through having regular medical check ups and doing daily exercises. It is important for the aged to learn how to cope with frustration and stress. It is important to participate in community events, make new friends, arrange leisure activities, and to maintain a positive and close relation with society. The primary objectives are to enhance spiritual growth and independency.

Ten Commandments for a Perfect Senior

In ancient times, during the Ch'ing Dynasty, Emperor Qi Lung had honoured himself as a "perfect senior". Nowadays, to be a perfect senior, there are ten important rules that must be followed:

1. **Managing the physiological crisis**
   To explore new knowledge including nutrition, medicine and exercise etc. in order to tune up the physical condition.

2. **Managing the psychological crisis**
   To learn the psychological adjustment skills in order to overcome possible stress or depression. To move with the pace of society's advancement and to accept opinions: "One cannot change the world, but one can change oneself".

3. **Managing the financial crisis**
   To learn and master financial information, income and expense control,cash flow, estate planning and execution.

4. **Managing the social crisis**
   To develop social skills including offspring, friends, relatives and the spousal relationship - establish new and effective ways of getting along.

5. **Preparing for leisure living style**
   To get ready for a new living style with a more peaceful and simpler arrangement.

6. **Developing second life work plan**
   To learn to adjust from a formal, fixed, long hours of work environment to a more freestyle, flexible hour work plan. Volunteering is one meaningful work opportunity that the aged could choose as a career for the second life.

7. **Rebuilding new meaning of life**
   To accept the final stage - life is to pursue the eternity and meaning of life, not through materialism, but through spirituality.

8. **Learning to give**
   The analects of Confucius mentioned that the aged should refrain from "possessing". One should learn to give so as to reduce the fear of losing. The tighter one holds, the more pain it incurs as one get older.

9. **Participating in group event**
   To find companions for doing exercises, chatting for mutual support and encouragement.

10. **Devoting to a spiritual belief**
    To believe in a religion will give one "peace of mind" – a permanent destination for a home of the future.

"Bear in mind, we live and we learn; there is always a good reason for it. We should not waste a single day as everyday manifests a unique meaning of life." In advocating senior service, Ambrose Fung contributes to the aged to enable them to live with respect and dignity, and to lead a energetic aging life. Striving to "care for all seniors as a senior of mine", he is working zealously to lead the Association and the community to jointly create a historic record of senior support services in Toronto.



老吾老以及人之老

心理學家發現：每個人的身體無時無刻都在經歷生死轉變；每一個週期爲七年，所有的細胞都會完全更新。 因此，人類的生命階段有劃分爲童年、青年、中年及老年等。 時光溜走，歲月如梳，人的身體雖然隨著年齡增加而老化，卻象徵著人的「靈性感應正在提昇，思維發展趨於成熟」。



儘管馮紹杰在退休前有一段黃金的光輝歲月，退休後的生活並不退色，卻更見豐采多姿，意義華盛尤勝於當年。曾經擔任前香港政府土地拍賣官，為當時的紳商富豪們及新聞傳媒的焦點人物。一九八四年元旦獲英女王依利沙伯二世頒贈B.E.M.大英帝國勳章，他的知名度臻達頂點高峰。

「當我在一九九零年退休時才五十八歲，其實還可繼續做多兩三年。決定退休移民來加時，實在還有些依依不捨的心情；但是，當我想到在加拿大這十年來的際遇經歷，簡直是多姿多采，令我肯定提早退休的決定，真是值得的，我無悔移民。」

雖然年屆七十高齡，對他來說，退休、年紀增長是人生的動力，亦是另一歷程的新開始！

「老」:標誌著生命的奉獻與付出，也是智慧、經驗的深厚屢積。曾經是東昇旭日，燃燒著耀眼的生命力；如今是日暮西沉，油盡燈漸枯。雖然活在生命的末季，耆老不是社會或家庭的負擔，而是另一種可以開發並運用的豐富資源！應當幫助年長者，使他們的生活不陷落於想當年及自憐、自嘆、無助的景況中；並能擺脫依賴心理、開啟閉鎖的小天地，尋求新生命的意義。馮紹杰對耆老的幸福未來，充滿規劃願景。是「老吾老」，亦為「人之老」，獻出真心，竭盡全力。



天意憐幽草，人間愛晚晴

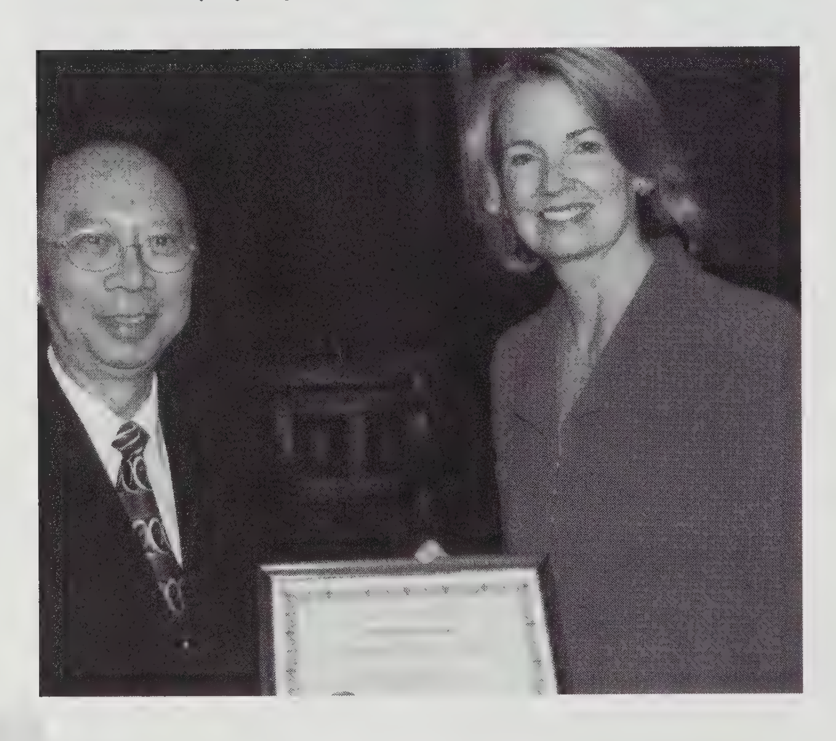
近幾十年來，由於社會安定、經濟繁榮，醫藥衛生進步，國人生活富裕，平均壽命延長，老年人口急驟增加，加拿大儼然已成為「高齡化的社會」。根據估計，二〇一一年時三分之一的人口，將介乎於45-64 歲之間；而年齡八十歲以上者，將由現在的932,000 急升高達一百卅萬之眾。

隨著耆老人口增加、社會結構變異，及工業化社會中生活形

態的不同，有關問題日益繁重，超越家庭問題，引起社會關注。這種人口的高齡化對加國社會與經濟的發展將帶來若干衝激，如社會福利支出、醫療照顧及安養的需求、心理及社會適應等。為應付耆老_切的需求，有關熱心志願機構亦相繼應運而生。

馮紹杰於一九九五年加入耆暉會，一九九九年起三度蟬聯會長，為該會掌舵立向。「移民來加，起初過著退休生活，閒時學習太極拳和遍遊各地名勝。 令我的生活調色添彩，倒是拜『太極拳』所賜，真是意外的收獲！在一個偶然的機會，我和太太來探訪耆暉會時，屬下的耆康社邀請我擔任義務導師，教授太極拳。」 結果太極班深受歡迎，自此馮紹杰與太太一起在耆暉會擔任義工，為社區提供優質的耆老服務。

放下再提起，老年不寂寞，你也可以像我一樣



「踏入千禧新紀元，我已經移民整整十年，而在耆暉會為社區服務亦有六年。 以為退休後會過些平淡生活，結果反而生活更充實、更有意義。 在今年四月初，意想不到地獲得省督韋斯頓夫人頒發二千

年傑出義工獎。 一個月後，又在安省公民及文化部的「義工年獎」頒獎典禮中，我又和太太馮伍雪貞共同獲頒五年服務獎。」馮紹杰夫婦多年的努力，為退休積極生活，樹立典型模範。

大自然中，四季輪流遞嬗，行星運轉不息，人類乃是大自然裡的一份子，又焉能遁逃於天地之間？ 唯有將自己「動」起來，才能創造無限的活力；唯有精進不懈，才是順應天心，安身立命之道。 孔夫子曾說：「其為人也，發憤忘食，樂以忘憂，不知老之將至。」

「老」，最怕是心力的衰退，而非年齡的增加。 有些人雖然年紀輕輕，心卻已經老了，所以只有坐以待斃，如行尸走肉般活在世間。 有些人儘管滿頭銀髮，卻精神飽滿，老當益壯。 馮紹杰以有涯的生命去完成無窮的使命，只見他把精神武裝起來，凜氣昂然，要和時間作長期的賽跑競步。

朝露雖易逝，但它潤澤了大地；冬陽雖短暫，卻能消冰溶霜。「我們應該趁著一息尚存，及時努力，燃燒生命的火花，留下璀璨的光輝，照亮後人。」馮紹杰的氣派願力，令人欽羨敬重。

以正向態度面對

老化是每個人不可避免的生理現象，要用正向的態度去接納、了解、學習。 在年老力衰時，以更豁達的心境去看待，才不至於因體力衰退，智力、反應力減緩而自怨自艾，甚至走上自毀之途。

於年長者，最殘酷的事實，莫過於生理的老化、心理的失落、社群的孤寂、以及經濟的危機感。一連串的「喪失」或「失落」常令他們在生活調適上倍感困擾。故此，首要避免疾病的侵襲，還要堅持不斷成長和發展的心態，接受定期健康檢查、常常做運動。學習面對生活挫折、憂鬱或壓力事件的技能，包括參與活動、學習新事物、交新朋友、安排休閒生活或輕鬆的工作。在生活中與社會連結互動，不陷於孤立和寂寞；透過參與活動，使晚年更具「知性、感性和靈性」。

活到老、學到老，做個「十全老人」

古代大清帝國有乾隆皇帝自封為「十全老人」，今日耆老也要十項全能，趕上潮流，方可再創瑰麗揮灑的歲月：

(一) 克服生理危機：吸收新知識與技巧，包括營養、醫藥、運動等知識，調適健康狀態。

(二) 克服心理危機：學習心理調適的技巧，即處理變遷所帶來的壓力問題，紓解心理的鬱結。時代在進步，社會在變遷，要接受意見；「想改變別人，首先改變自己」。

(三) 克服經濟危機：學習經濟管理的知識，收支的管理、資金的運用，以及遺產的處置等有效的理財技巧。

(四) 克服社會危機：發展的社會技巧，包括對子女、朋友、親屬及配偶等關係的調整，發展新的關係。

(五) 享受休閒生活： 包括如何安排休閒生活、具備有關活動的知能，調適新生活的型態。

(六) 發展第二生涯規劃： 學習如何從正式的、固定的、長時的工作場合退下後，重新開始另一種更自由、更有意義的工作領域。

(七) 重建生命意義： 在人生的最後階段中，尋求整個生命的永恆意義。

(八) 學習看破，實行放下：論語季氏篇有云：「君子有三戒・・・及其老也，血氣既衰，戒之在『得』，老人不管在精神上或體質上都宜過著較清心淡泊的生活。 放開恐懼，放下執著，無慮於害怕失去所擁有的一切！因為抓得越緊，苦痛越深。

(九) 參加團體、呼朋引伴、共渡晚年： 如社區、公園常有老人群聚運動、聊天，老年人應結交志同道合的同伴，互相交流、激勵互勉。

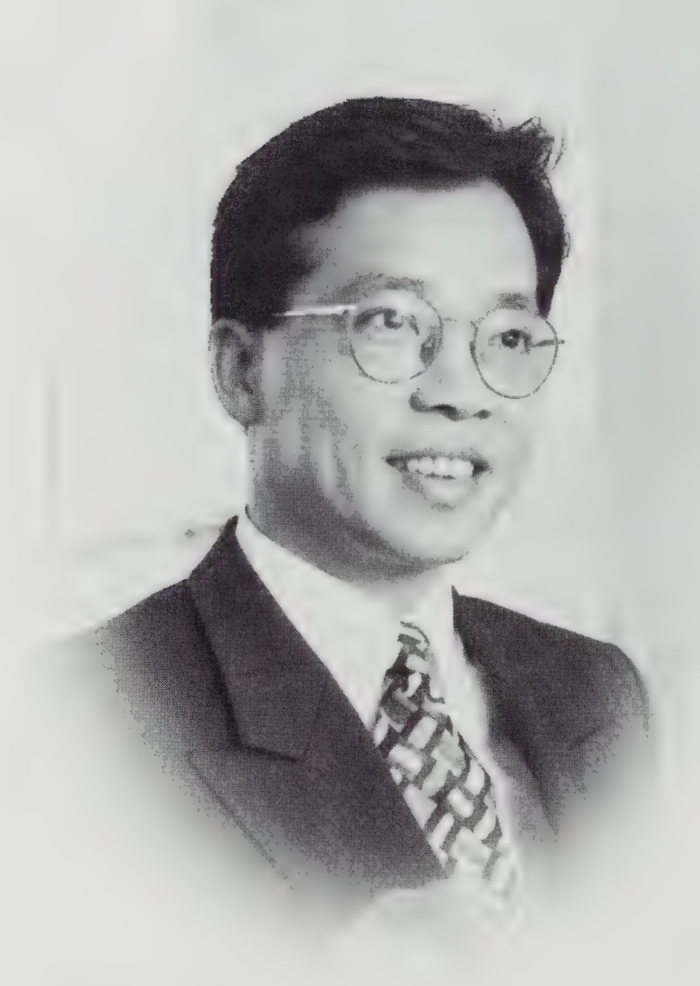
(十) 讓自己有一個精神上的信仰：落葉歸根是每個上了年紀的人共同的渴求，生命的依歸，有了信仰會讓自己身心更加平和安逸。

「切記，人活到老，一定有它的道理，一天都不要虛度，讓自己活得有意義！ 晚年生命畫布，可以重新調色，重現璀璨動人的光彩。」馮紹杰令長者活得更具尊嚴，更具生命力；他牽頭領導著的耆輝會以「老吾老以及人之老」為新時代的任命，正在集體努力編寫歷史性的一章。

關保衛

Stanley Kwan

做自己的主人



Be Your Own Boss

Be Your Own Boss

Venerable Master Hsing Yun, a very prominent modern day Buddhist, once said, "Possessing half of the Buddha relationship will lead to humbleness and encourage diligence to improve oneself. Owning half of the world will stimulate one to continue improving oneself. Half way through one's self purification allows a person the freedom to pursue one's goal."

Mr. Stanley Kwan enjoys reading books written by Venerable Master Hsing Yun. In particular, he likes the book "The Philosophy of Being Second". He is content to be "the second", being guided by those above while guiding those below. He believes that to succeed one needs to start as "number two". Rather than insisting upon being in the spotlight, one should work according to the circumstances. He also devotes himself to helping others to succeed, even while working hard to actualize himself and hence truly becomes his own master.

Optimism and Contentment will lead to Happiness; Seeing through all Phenomena and Letting go will lead to Freedom



Stanley's office is filled with Chinese antique furniture, Chinese paintings and calligraphy, books, compact discs, antiques and artifacts. Unlike a typical accountant's office, it gives one a tidy and peaceful atmosphere. His humbleness, his pleasant manner, and his eagerness to help others give people an impression of what a Zen Buddhist looks like.

He is currently the President of the Buddha's Light International Association of Toronto ("BLIA"). His family members are all devotees of Venerable Master Hsing Yun and all work hard to promote "Humanistic Buddhism".



Stanley was born in a humble family in Shanghai. The family of six lived in a place less than 200 square feet. As an intelligent boy, he worked hard and enjoyed reading. Prior to the completion of junior school, he had already read all the four major Chinese classic books. At that time, he was accepted by the best secondary school in Shanghai, but he gave that up and went to Hong Kong. While living under his uncle's roof, he worked very hard to learn English. Within several months, he had completed six years of regular English study and continued his education at an English college. After secondary school, he completed a three-year training program in the Hong Kong Government Medical Department and became a pharmacy dispenser. In spite of this desirable job, he decided to come to Canada to pursue a university education. Besides being active in the Chinese Students' Association, he had to work in bars and restaurants to make ends meet. Within four years, he earned the Bachelor of Commerce and the Master of Business Administration degrees. Due to his excellent grades, he was

hired by one of the major international accounting firms.

In 1975, Stanley started working in the accounting firm of Deloitte & Touche, and within a few years became a senior tax manager there. In 1984, an article written by him won the Best Article of the Year Award in the CA magazine. In 1985, he left Deloitte and founded the firm of Kahale Kwan Leung & Wood. Then in 1993, together with Michelle Ha, he founded the current firm of Stanley Kwan & Company.

Due to his dedication to clients and his continual commitment to education and research, he has become a top tax accountant in Toronto. He frequently publishes his articles in newspapers or magazines and gives talks on television about various tax topics.

The Imagery of Square inside a Circle

The "square" is a symbol of principle and goal. It is the essence of philosophy. The "circle" is a symbol of ways and methods. It is the essence of strategy. The "circle" represents change while the "square" represents the substance. Whatever the changes, this will not deviate from its beliefs. The "circle" will come from the "square". This is the way of doing things. With a good philosophy, one becomes wise. He will be creative even in interpersonal skills. From "square" to "circle" is the eloquence of doing things. "Circle" will need wisdom. "Square" is doing the right thing.

Stanley treats others with respect and humility. He always puts the interest of his clients first. His professional dedication and expertise become the foundation of his relationship with his clients. He utilizes the fundamentals of the "circle" and the "square" in dealing with his clients and many of them have maintained a relationship with him for over twenty years. A lot of his clients have become good friends of his and have supported him in his charity work in the community.

Stanley admitted that there are numerous opportunities of making fast profit in the accounting field. However, one must learn how to resist such temptations. The recent accounting irregularities in major American companies provide a clear indication of his foresight. Recently Helen Lu, a close friend of Stanley, asked him whether he ever got bored by working as an accountant over the last twenty-five years. He said that he has never felt the lack of challenges in his work. On one hand, the tax law changes all the time and he has to continuously update himself. On the other hand, he can help many people throughout his work as many of his clients come to him for very difficult problems, and he takes on a client regardless of whether he is small or large. He simply likes challenges. In addition, due to the nature of his work, he is frequently asked to provide advice on family, children, marriage, and other related issues. Therefore he has earned a reputation as a very professional and capable counselor.



One Million Dollars raised within a minute

Other than achieving steady growth in his professional practice, Stanley has earned a very high reputation in his community work. In 1987, he started a new milestone in his life. He and several other community volunteers helped Dr. Joseph Wong to start making plans to establish the Chinese Community Nursing Home for Greater Toronto. Over the next seven years, he led the capital campaign as the Campaign

Chair. They raised over $10mm and completed the Yee Hong Geriatric Center which serves several hundred seniors each day. In 1996, he headed up another capital campaign for the phase two expansion and raised another $8mm.

In 1999, due to the excellent services that it has provided, Yee Hong was awarded close to six hundred nursing home beds by the Ontario government. This means that within the next five years they have to raise another $25mm to build three new nursing homes to accommodate these beds. He and Dr. Joseph Wong went to all the potential leaders in the community to head up the campaign, but in vain. Finally, he had to take up this huge challenge again. With the support of the whole community, a miracle happened and within the first year, they raised close to $10mm.

Stanley remembered that one day he was having a casual discussion with a client in his office. The client asked him that if he were given the chance to make a wish, what would be on the top of his wish list. Without hesitation, he said that he had been hoping to find a donor who would give $1mm to Yee Hong. After a minute, his client told him that his wish had come true. Therefore he made a record of being able to raise $1mm within a minute. No wonder Stanley always maintains that he has helped many people over the years without any expectation of return. However, many of them end up giving him a return that is many, many times more.

Since he became the President of the Buddhist Light International Association, he worked closely with the Venerables of Fo Guang Shan Temple and the directors of BLIA. They have organized many activities to promote culture and education. They have also made substantial contributions to the Yee Hong Center, the University of Toronto, and

the United Way. Through these activities, they are actively promoting "Humanistic Buddhism" in Toronto. His ability and experience was appreciated by many BLIA members in other parts of the world and hence he was elected to be a director of the BLIA Headquarters in 2000.

Devotion to Education

Since last year, he started to devote more of his attention to education. He was appointed as an honorary advisor of the Tsing Hua University (Hong Kong) Foundation. He was also invited to be a director of the Fu Hui Charity Foundation of Hong Kong. During the past seven years, the Fu Hui Charity Foundation has established more than forty junior and secondary schools in the poor, rural areas of China. It is also committed to continue this trend of building more than ten schools each year. Stanley has always maintained that in order to modernize China, they have to start from fundamental education first.

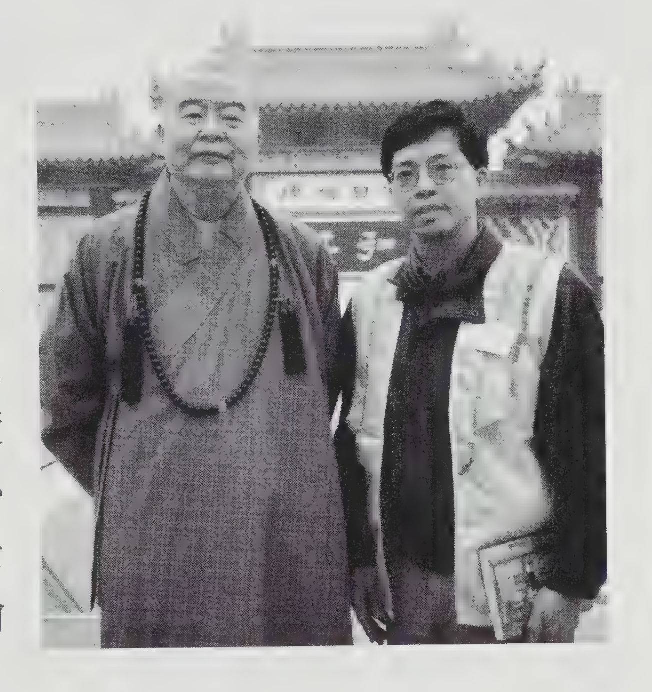


Stanley always encourages his friends and his clients that we should all work together so that we can bring some warmth to the people around us and make it a better world for all of humanity.

做自已的主人

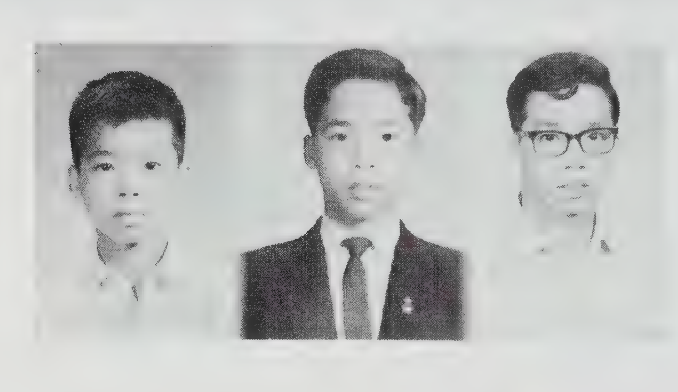
擁有一半佛緣，才會虛懷若谷，努力精進；擁有一半天地，才會百尺竿頭，更進一步；擁有一半修行，才會隨喜自在，不受拘束。　　星雲法師

他最喜歡讀的是星雲法師的「老二哲學」，他優遊在「老二」的天地裡，自得其樂，他安於做好「老二」的本分，在承上啟下當中得到無限的滿足。他展現成功的人生，從「老二」做起，他不強出頭，隨緣隨分。關保衛的「老二」心懷意願越是洋洋灑灑，他「老大」的胸襟氣量越顯得浩浩瀚瀚，感受「滿足的歡喜」。



樂觀滿足生歡喜，看破放下得自在

中國字畫，古色古香的紅木傢俬、古玩、佛歌、佛書，跟關保衛談禪說偈，在繁忙的會計師辦公廳裡體悟靜土法界「放下的自在」。菜根譚、迷悟之間、皆大歡喜、心甘情願、真空妙有；是梵音迴繞，是法語涓流，他言笑間流露般若空性，眉宇間呈獻喜捨願力。關保衛為在家居士，現任多倫多佛光會會長，於星雲座下，一家大小，深受「人間佛法」濡染薰陶。



關保衛出生於上海的一個清寒家庭，一家六口生活在不到二百呎的地方。他由於天性聰穎、又肯勤苦自修，未唸完小學，即已熟讀紅樓夢、水滸傳、西遊記及三國演義等中國四大名著。雖然考進上海最出名的『育才中學』，但他志不在此，遂毅然放棄了入育才的打算，遠赴香港尋出路。在寄居舅父家中，數月間發憤忘餐惡補英語，終於如願考進英文書院。完成中學課程後，在港府醫務處受訓三年，成為專科配藥師。然而這份頗受大眾羨慕的工作，未能滿足一個愛好挑戰的他，也不能令他定下來。於是，他帶著第一年的生活費，負笈加國求深造。在餐館、酒吧打工之餘，還參加中國同學會的工作，四年之中他不僅取得工商業學士及碩士學位，同時以優異成績擠身於國際性的專業會計師行業。

1975 年他加入著名的德勤會計師行，十年間晉升為高級稅務經理。1984 年的一篇著作被選為特許會計師月刊之全年最佳作品，獲得殊榮。1985 年與三位朋友創立嘉關梁會計師行。由於他的勤奮及認真的工作態度，及不斷的學習與研究，終於令他成為了一位出色的稅務專家，經常在報章及電視節目中發表稅務策劃心得及解釋稅例。

外圓內方，做自己的主人

「方」是原則，是目標，也是本質剛領；「圓」是策略，是途徑；也是手法技巧。有如萬變不離其宗，「圓」是「萬變」，則「方」是「宗」。「以方生圓」是修身，做人方正必生

智慧，智慧生，則創意多端，靈巧妙用，處世也就圓融和恰。「以圓從方」是做事，「圓」是用智，則「方」是行事，用智周圓是為了行事方正。只知「方」，不權變故常碰壁，事事難成；只知「圓」，太多機巧是沒有主見的牆頭草。

關保衛向的「方圓」理論是智慧與通達的成功之道。以誠待人，以客人的利益為主幹，以自已的專業質素作盤根；「方圓」雙運，是故有很多客戶與他的關係維繫了二十多年，同時也成為了好朋友，並在他參與的慈善事業上有很大的幫忙和支持。終於在 1993 年關氏開始了自己的會計師行至今。

關保衛坦言這個職業有不少賺大錢的機會，自己必需抗拒金錢的引誘，不為所動。而美國爆發的賬目醜聞，正好印証他的修維正見。在服務奉獻中，成就他人；在努力工作中，實現自我，不管當「老大」或「老二」，關保衛堅持：「至少你已經做了自己的主人，仰不愧於天、俯不怍於地」。 廿餘年的會計師生涯，對於一個喜愛挑戰的人仕，陸媽媽問他是否會令他煩悶哩？他說完全沒有，因為稅例日新月異，他要不斷進修，況且他的工作可以幫助很多人。原來找他的客人很多都有「奇難雜症」，而他所接受的客人更不在乎規模大小。另者，因工作的性質和與客戶之關係，他亦參與了很多家庭、兒女、婚姻各方面的諮詢工作，難怪關保衛有「心理輔導專家」的雅號。除個人事業發展如日中天外，投入社會公益服務，更創下口啤傳誦，不朽的佳話。

一分鐘一百萬

1987 年展開了他人生的新一頁，他與十多位朋友協助王裕

佳醫生共同策劃大多華人護理安老服務。經過七年之努力，籌集了一仟多萬元，建成了每天可服務數百名耆老的頤康中心。於1996 年再次承擔起擴建的籌款工作，又成功籌集了近八百萬元的善款。

1999 年頤康以優異的服務水準，破天荒地獲得安省政府撥配五百多張護理院床位名額，但條件是要在五年之中籌募到二仟五百萬元之巨款，他和王醫生四處奔跑，最後還是他毅然承擔起此巨大的挑戰，在各方面的努力下，配合社會大力的支持，奇蹟終於又出現，在短短一年中，竟然又籌募了將近一仟萬元。

有一次，在辦公室內閒談；客人突然問他有什麼願望時，他毫不猶疑地説道：「我想為護理安老院籌一百萬！」客人稍為考慮，不到一分鐘；回應説道：「就如你所願！」為此，關保衛創下最短時間籌得善款一百萬的佳話。 經曰：「能破慳吝貧窮，及能引得廣大財富福德資糧」，布施濟人財，明中去暗裡來。「一生中很多次不計回報地幫人，到頭來發現，曾經幫助過的人，對我的回報更大！」關保衛言語間流露著無限的滿足與喜悦。

自從開始佛光會的工作，他與佛光山之法師及佛光會之理事，不但在文化教育方法推動不少活動，更大力支持頤康中心，多倫多大_及大多倫多公益金。真正將星雲大師之「人間佛教」在多倫多發揚光大。而他的能力及經驗，亦受到全球佛光人之欣賞，而被選為佛光會世界總會之理事。

再窮也不要窮教育，再苦也不要苦孩子

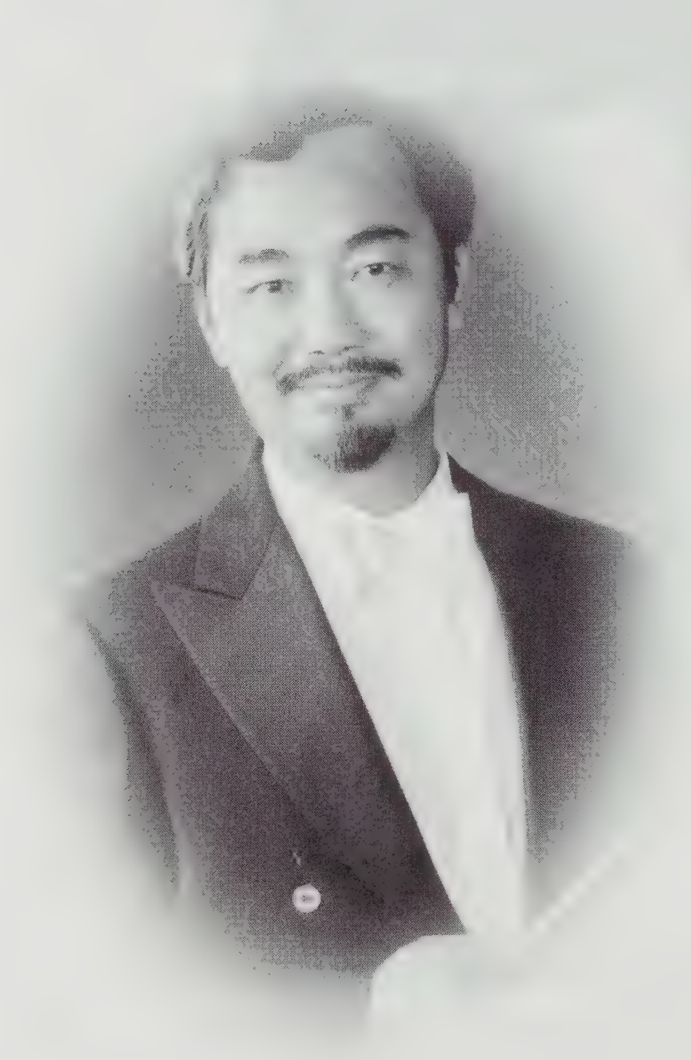
去年他更進一步投身興辦學校的義舉，出任中國清華大學(香港) 基金顧問，並參與成為「福慧慈善基金」董事局成員。一片不為人知的貧瘠山地，窮鄉僻壤，一種文明人無法想象的貧乏窘困。正謂：「人無三分銀，地無三寸平，一山分四季，十里不同天」；食不裹腹，衣不蔽體，屋漏不蔽風雨。讀書對很多住在落後地區的中國兒童，只是一個遙不可及的「夢想」！福慧慈善基金令萬千窮苦的孩子，愛讀書、渴望知識的成人及兒童，燃點希望，走進期待久遠的學堂教室。在資源極度缺乏之下，福慧慈善基金在短短七年間，已經在國內十四個省份捐建了40多所中小學，分為福慧及佛光系列，並在大學設立獎助學金，受惠學生遍及東北、西北、西南等地區。該基金會選擇受資助者的原則是首先要有優秀的品德，其次才是學業成績和其他。關保衛引述：「鄉村的老師菲薄，環境又差，能堅守崗位，忠於職守，實屬難能可貴。」

要令苦難兒童脫貧，免於捱饑抵餓，教育是急切及首要的工作之一，凝望神州故鄉大地，關保衛猶記：「但願眾生得離苦，不為自己求安樂。」 百忙裡，他又在收拾行裝，準備踏上征途。心中不斷在祈求著：

「讓他們將身心的痛苦轉為安樂，讓他們將生命的空無轉為真實。」
「讓我們能增添人間的安樂富有，散播每一個人祥和的種子；祈願未來的世界：沒有物質的匱乏，大家都做心靈的富翁；沒有貧苦的現象，大家都做自已的主人。」

賴德梧
Tak Ng Lai

管弦天籟傳樂韻
交響人間奏妙音



Celestial music descends upon the earth

Celestial music descends upon the earth

The Lord hath bestowed abundantly upon me;
Behold the magnificent mountain, watch the raging sea.
I said to myself, "How insignificant can humans be!"

The Lord hath bestowed abundantly upon me;
Look at the sky which was created by your plea,
Decorated by the sun, moon and stars so free.
I said to myself, "What an insignificant me!"

Thou hath bestowed abundantly upon me;
Thou assigned us the animals- the tame, the wild, the fin and feather's glee.
The hills and vales are no longer lonely because of the luxuriant lea.
Everything glories the Might of Thee;
The spring breeze carries my song which magnifies thy love for me!

He will always bestow abundantly on me -
My life and the fertile earth from sea to sea!

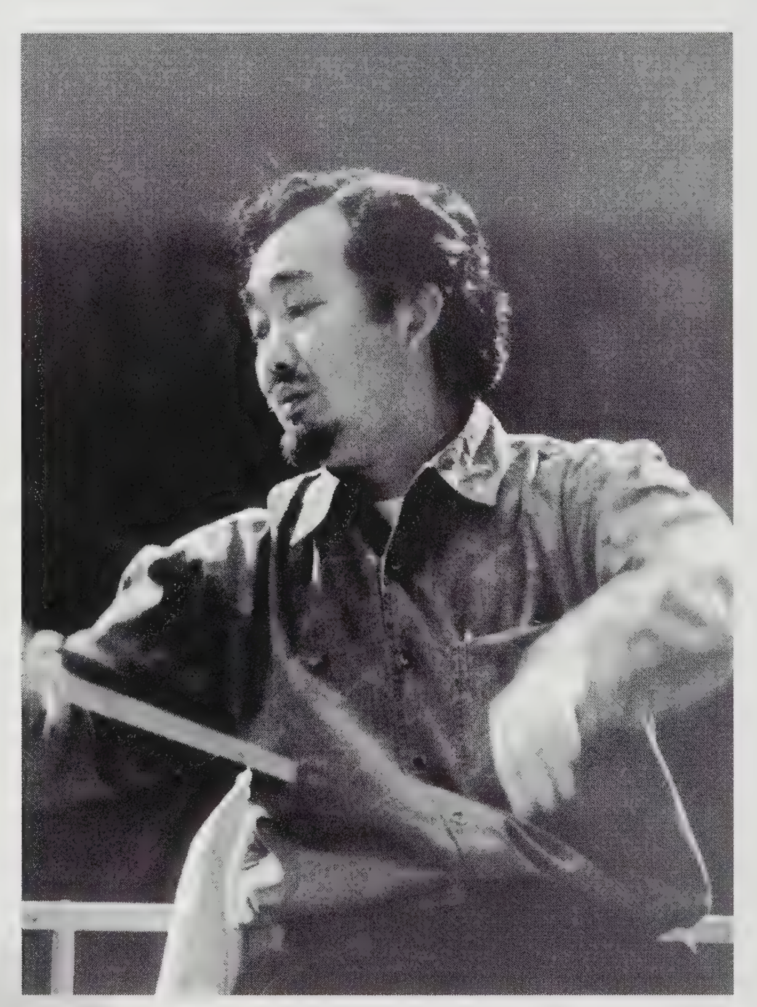
The above song and sonnet was written by a little-known maiden from a rural area in He Nan. People just call her "Xiao Yun". What is so unique is that "Xiao Yun" has only attained seven years of formal education and never received any music lessons. This year, Maestro Tak-Ng Lai flew to Moscow to conduct the Russian Philharmonic Orchestra which performed the background music for the movie "The Cross". The two compositions jointly written by "Xiao Yun" and Maestro Lai touched the audience so deeply and they rose to their feet in applause.

Conductor of Art and Art of Conducting

Tak-Ng Lai loved music as a youngster but he never dreamed that he would become a professional musician. He hoped to become a navigator,

singing his favourite songs upon the rolling waves. Tak-Ng(Wu) was born in the city of "Wu"; he was named after the city. His elder brother Tak Lam (Lin) was born in "Gui Lin", younger sister Suk Mui(Mei) born in the town of "Mei" and younger brother Tak-Kar (Jia) was born in Guangzhou, at a time when the family decided to settle in this city, hence "Jia" which means home.

Sounds originate from nature. A person's name may be inspired by the earth, the elements, the animals or history because humans are closely tied to the universe. Lai's father was an intellectual and a patriot. Because Mother Lai was so sensible not only did the family survive the turbulent times, it also provided Lai with opportunities to appreciate music and to develop his talents in this field. It is no wonder that Lai's music was greatly influenced by his family and times as well as his affection for history and Motherland!



Lai's music appears sometimes as the whirling wind, sometimes as the rushing torrent or even the maneuver of thousands of cavaliers. Grandioso aside, the melody is, at times, like the sound of silence, a gentle brook or the quietude of nature. When Lai moves his baton, he leads the orchestra in

creating melodious notes which are heavenly. Lai is a Chinese conductor who has made a name for himself through his unique style. He was educated in Vienna. In his early years, he studied at Guangzhou Music Conservatory as well as in Hong Kong. He taught at Brock University, Ontario, where he taught violin, viola and conducting. He is in great demand and is often invited to Asia, Europe and America as guest conductor.

Tak-Ng Lai emigrated to Canada in 1977. He studied at the conductor's workshop at the University of Toronto. In October, 1977, he founded the Toronto Chinese Chamber Orchestra. This organization attracted many enthusiasts who were also interested in promoting Chinese music. In 1983, Lai solidified his fame and career as the conductor for the magnificent Yellow River Cantata.

Music from heaven
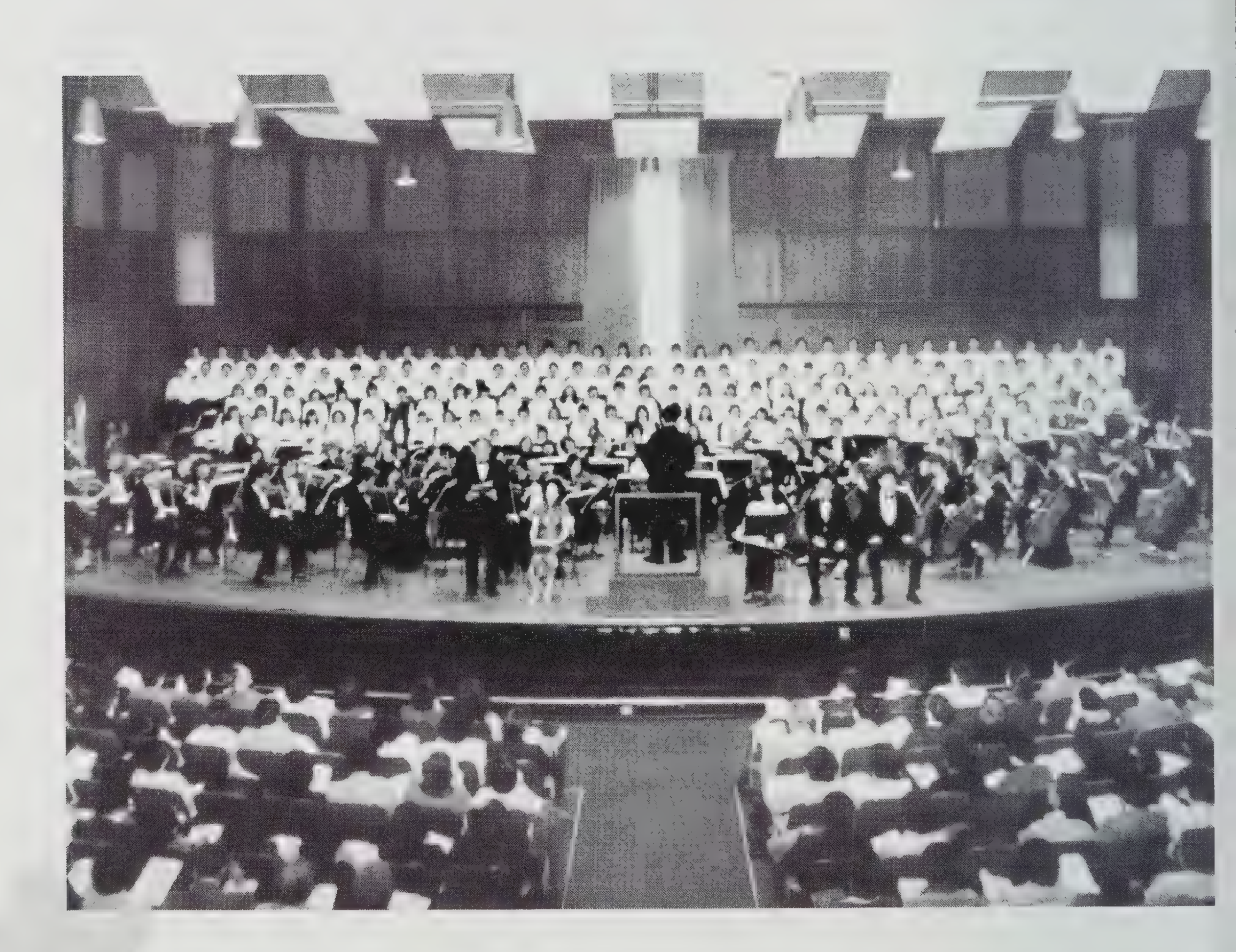
How often may it echo on earth? The drizzle surrounded me. The wind and rain produced harmonious sounds. My footsteps trod upon the fallen leaves, interspersed with the falling rain. I passed through a long shady lane and saw the raindrops beating on the stone steps. I heard the whisper of the green pines though serene, the scenery was filled with vivaciousness. Entering Lai's home was just like wondering onto his world of symphony, from the foyer, through the kitchen to the garden at the back, then his studio in the basement. The trip was an artistic journey for the the visitor. Twilight fell, the insects sang and nature composed an impromptu melody for my egress.

Wind, rain, spring water, currents, branches and leaves produce tempo and emotional expression in music. Long ago, human discovered the sounds, then , they creates scale and rhythm. This was the beginning of music. With the march of civilization, music has become an indispensable source of comfort for the human soul! Lai believed that the most primitive

music came from the combination of nature's sounds and the activities of human beings. Rhythm was inspired by human physiology such as heart beat and breathing.

Music , as an art, can aptly and inadvertently express emotions. As soon as a baby is born, it cries-the sound conveys emotion and pain. Music is a tool for expression of feelings. It is also an international language because it has character. It changes with nature and tradition. Beautiful music comes from nature, it adheres to unspoken rules and may be understood and enjoyed by everyone and anyone.

The Analects included music as one of the six ancient acts, Confucius said, "Music produces harmony." Chinese Musicology noted that "Music is the conduit between heaven and earth. It enhanced human relationship and



brings pleasure to its listeners. It may influence culture and touch the heart of populace." The Book of Filial Piety said, "Music is the most effective tool in changing a culture." The impact of music for a civilization is indelible.

Good music may influence a person's character, strengthen their spirit and de-stress their mind. It brings art and beauty to one's life. Consequently, it builds character and, to a mega scale, influences society. Lai attests to the importance of music to human society but he notes that the laissez-faire attitude of governments towards the promotion of this art is lamentable.

Conductor backstage and onstage

The modern symphony consists of the string action. First violin, second violin, the viola, the cello and the double bass. The brass section consists of trumpet, trombone, French horn and the tuba. The Woodwind section consists of the clarinet, the oboe, the flute, the piccolo, the bassoon, and the English horn. The percussion section consists of the scale drum, bass drum, timpani and the triangle. As the conductor is the soul of the orchestra, Tak-Ng must be able to read seven or eight par's of the score simultaneously and some even memorize every musical note. He, being vigilant at all times - makes eye contacts with the members, listens attentively to every note and evaluates its accuracy. Finally, he has to convey his message and feeling to every member through body language.

The performance on stage is the fruit of numerous rehearsals. Following the score, the conductor patiently goes over single bar, single note with the members in order to express the feeling the rhythm, the tempo, the tone colour, the harmony and the balance of the entire composition. This painstaking process is necessary in order to achieve the ultimate in auditory for the audience.

Before the rehearsal, Tak-Ng will study the characteristic of the composition. For example, the style, the historical background and musicology, as well as the composer's life and the conductor's style and the interpretation. Seasoned conductors, like Lai, have their own sense of beauty philosophy, musicology and musical style. Music is the composer's understanding of this universe. The music captures the thoughts and weaves into the .... Like poetry, music reflects the vastness of the universe and depicts it beauty and grandeur.



Where there is a choral presentation, the conductor must lead, through body language, the chorus to sing. The singers must follow impeccable timing. Unlike a painter or a sculpture, music is not static nor stationary. As a result, the chorus must attend many rigorous rehearsals before the performance. In this way, the chorus members will synchronize their feeling and spirits with the conductor. Then, they will be able to express the sentiments as perceived and written by the compose.

"The Yellow River, through her nine gorgeous bends,
Meanders through ten thousand miles of precious land."

The Yellow River Cantata was performed in 1983 and in a smaller scale in 1988. It was well-received and the praises reverberated throughout the community. After fourteen years, Tak-Ng Lai will again lead the Yellow River Performance. The Yellow River is the cradle of Chinese civilization. She is likened to a mother's nurturing affection. The river originates in the Province of Qing Hai. It is 5,465 km in length and is the second longest

river in China. (The longest river, Yangtze, is 6,300 km in length). It flows through nine provinces, namely Szechwan, Kansu, Ning Xia, Inner Mongolia, Shan Xi, Shensi, He Nan, Shandong. From the east it flows into Bo Hai. The immortal, Li Bai, a renowned poet of Tang Dynasty described the Yellow River in his poem "Zhang Jin Jiu"as follows:

Behold the water of the Yellow River,
It showers down from heaven thither,
Forging forward forcefully towards the sea,
Heaven has endowed many talents on me,
When I have squandered all my treasure,
I will obtain them again with pleasure.

The poem describes the power of the Yellow River, the strong waves, the unparallel phenomenon and its breathtaking path.

Chinese music has yet to attain international recognition. Lai believes that one of the reasons is Western society know little about Chinese music. If Chinese compositions are written and performed regularly, the standard will improve, thus, pushing Chinese music towards a higher plateau. This is even more effective if the music is performed outside of China. As a conductor with a mission and a vision, Tak-Ng Lai carries the burden of promoting Chinese music to a multi-cultural society. The success of the Yellow River Cantata, with its glory and grandeur, will continue to make breakthrough in the international stage.

Let God's love and grace thaw our cold hearts. Permit us to offer every musical note towards the fountain of praise. Let us open our mouths, raise our arms to worship the ever living God. Let the sentiment of praise flow into everyone's hear!

Translated by Nancy Siew

管弦天籟傳樂韻，交響人間奏妙音

神這樣眷顧我，觀看那高昂的山，觀看那奔騰的海，便對自己說，人算什麼？

你竟這樣眷顧我，觀看你指頭造的天，並你陳設的日月星宿，便對自己說，我算什麼？

你竟這樣眷顧我，你派我們管理，你手所造的就是一切的牛羊，田野的走獸 海裡的魚，還有空中飛翔的鳥。山川也不再寂寞，大地有了綠色，萬有在述說神的榮耀，春風也帶走我的歌，頌揚神是愛！

他永遠眷顧我，將生命和肥沃的土地，也都賜給了我。

以上的曲及詞是由一位拒絕出名的河南農村姑娘所原作，大家稱她為「小敏」。 獨特之處，「小敏」只有初中一年班的文化程度，她連樂譜也不會寫！？今年賴德梧遠赴莫斯科為電影十字架錄音時，指揮俄羅斯樂團與「小敏」本人合作兩首她的作品，令俄國音樂家們深受感動，歡呼喝采。

藝術指揮家的指揮藝術

賴德梧雖然自少醉心音樂，但從來沒想到以音樂為終身專業；最初的志願是航海家，在翻濤海上吭歌渡日。 出生於廣西梧州，故名德梧；兄長德林，生於桂林；妹妹淑梅，生於梅縣；弟弟德家，生於廣州，以此為家的意思。 音韻源於天籟的啟發；人名以地、「五行」、「動物」甚至「歷史」取義用字，概因人與天地萬物有非常密切的關係。 賴父為知識份子、愛國志士；一家大小活於翻天覆地的動盪年代，猶幸母親持家有道，變幻中不致捱饑抵餓，還可以栽培其天生之音樂才華。細意追源溯始，檢閱他的家庭背景，出生時代，所遭所遇；即可理解其音樂中帶有濃厚歷史腳印行跡與祖國情懷！

賴德梧時以蒼勁疾風，洪峰急流，萬馬翻騰之氣勢；時以萬籟俱寂細水婉延，虛空滿盈之情調；撩動指揮棒，帶動百多專業樂手響奏出天籟梵音，是以風格名聞的華人指揮家。 於世界音樂之都「維也納」深造學藝；早年，他先後在廣州音專及香港攻讀。曾任教於Brock大學，設班教授小提琴，中提琴及指揮一直至今。經常應邀前往亞洲、歐洲及美洲作客席指揮。1977年移民加拿大，並在多倫多大學指揮研究班進修。同年11月成立多倫多華人樂團，吸納一大群對音樂志同道合的人士，傳揚中國音樂文化。 1983年主領陣容頂盛的「黃河大合唱」，名燥一時。

此曲只應天上有

人間那得幾回聞。 霧雨濛濛，風聲雨聲此起彼伏；腳步聲，樹葉聲，微風陣陣，驟雨頻頻；筆者走過濃蔭長路，乍見簷前雨滴，嘀嘀噠噠灑落石階，綠蔭叢間咕咕嚦嚦，幽靜裡充滿了生命活力。踏入賴德梧的府第，由進門，走至廚房，步出後園，再踏足他的地庫教室，仿如走進他的交響音樂世界。離開時，經已夜幕低垂，蟲聲唧唧；一幕一幕的境象，一言一語的啟發；瑩繞著大自然的聲音，具意境，富內容，編織成一首優美的樂章。

大自然界裡的風聲、雨聲、泉水、激石、木葉弄響，雖然沒有一定的抑揚頓挫，亦沒有節奏的聲音，但亦可分辨出激、緩、低、昂。 遠古時，漸漸發現了規律，產生了音階和呂律，音樂便開始成長。 隨著文化的發展，音樂於今日社會裡，已經成為人們靈性上不可缺少的精神資糧。

最原始的樂章，賴德梧認為是引用大自然天籟之音及由人類活動而發出的聲音所組合，經過組織編排而成。 而音樂中的韻律是從心臟脈搏的起伏跳動，人體的呼吸活動啟發而得到。

音樂是最能直接抽象地發表人類感情的藝術之一。人在出生後，最先會哭；用聲音表達感情和痛苦。 可以說聲音樂最能自然表達感情的工具。音樂也是國際語言，因為音樂是有個性的藝術，會因民族的風俗習慣而異。但美好的音樂仍然是出乎天籟，合乎樂理，它好似人人都能懂得的國際語言，更能引起聽者心弦的共鳴！

在古詩六藝中也有「樂」，孔子說：「樂以發和」，中國樂記上說：「樂者天地之和也，樂者通倫理則也，樂至者無怨」、「可以善民心，其感人深」；孝經有曰：「移風易俗莫善於樂」。 古代對「樂」的重視可見一斑。

「好的音樂可以陶冶性情，振奮精神，慰舒壓力，使生活調適，生活優美，養成高尚人格及社會祥和的風俗。」賴德梧對音樂十分肯定，可惜政府於推動支持，仍是差強人意。

指揮家的台前幕後

現代的交響樂團擁有弦樂五部：第一小提琴、第二小提琴、中提琴、大提琴和低音提琴、銅管樂器部有小號、伸縮號又叫長號、法國號、低音號、木管樂器部有單簧管、雙簧管、長笛、短笛、低音管、英國號等、打擊樂器部有小鼓、大鼓、定音鼓、三角鐵等等，十數種樂器。指揮是樂隊中的靈魂，不但要看著多達七、八部以上的總譜。也有連總譜都不看，將它們都背熟下來！ 隨了「眼觀四面」，眉目傳情；還要「耳聽八

方」，辨音定律，以富有感染力的肢體語言，賴德梧清淅地將訊息不斷傳達至每一位在表演中的樂師團員。

站在臺前的賴德梧，幕後不知與他的樂團經過幾多次的排練！ 照著總譜，不厭其煩地一小節一小節、一個樂句一個樂句地修改樂音弦韻；強度、速度、音色、協調、平衡；一一調至最佳聽覺的效果。

排練前，賴德梧要了解演出作品的特性，如音樂的流派、歷史的背景、音樂美學的觀點、甚至作曲家個人的歷史、個性等。 全面掌握，才可以於表演時，融合在他具個人的演譯之中。 很多指揮大師如賴德梧之輩，對於音樂，都擁有自己的美學、哲學、聲學的獨特觀點。 音樂不啻是作曲家將理解這個世界的智慧，以一種濃縮的方式加以編製起來。 它像詩般，反映大宇宙中的浩瀚廣大之優美及奧妙。

需要歌唱的地方，指揮就必須以姿勢帶著團員歌唱。 音樂必須跟隨著時間流動，不像繪畫、雕刻一樣，是靜止的、停滯的。因此，經過嚴格排練後，在真正上舞臺時，團員們的心和精神，要和指揮融為一體了，方可將每首樂曲的神粹展示傳達得淋漓盡致！

九曲黃河萬里沙

1983 年及1988 年兩度主領陣容龐大的「黃河大合唱」深受歡迎，引起廣泛迴響。事隔十四年，賴德梧今年又再一次領導更具規模的〝黃河〞大合唱。黃河是中國文化的發源地及搖籃，如母親般孕育大地萬物。她源於青海省巴顏喀拉山的約古宗列盆地，全長5465公里，是中國第二大河（長江長 6300 公

里）。流經青海、四川、甘肅、寧夏、內蒙古、山西、陝西、河南、山東九省（區），由山東注入渤海。

李白的詩「將進酒」：君不見黃河之水天上來，奔流到海不復回。天生我材必有用，千金散盡還復來。可見黃河之碧波蕩漾，又有波瀾壯闊，奇觀壯麗，氣勢磅礡的一面。



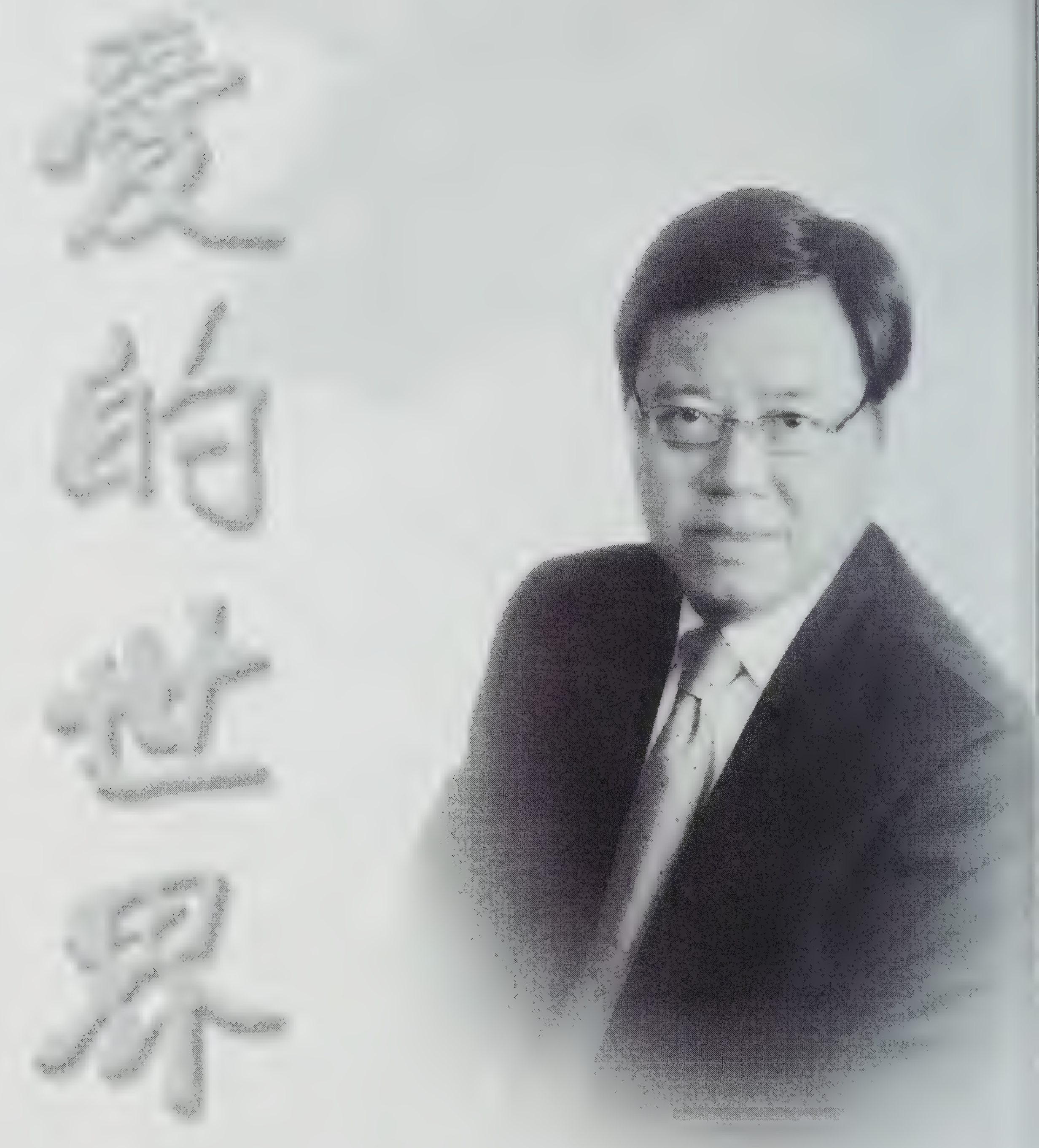
中國音樂的藝術未臻達進國際水平，他認為其中一個原因是由於西方社會對中國音樂的認識不足。如果中國音樂作品能通過不斷的演奏，作曲家們經常的創作，水準勢必大量提升。帶動在國外演奏的中國音樂作品，對推動更為有力奏效，能將中國音樂推向國際水平。當一名有抱負、具歷史任命的音樂指揮，賴德梧胸懷宏志大願。希望他畢生的願望正如「黃河大合唱」般磅礡壯麗，萬眾一心，體現中國音樂於國際舞台突破性的嶄新成就！

從天父而來的愛和恩典 把我們冰冷的心溶解。讓我們獻出每個音符 把它化為讚美之泉。 讓我們張開口，舉起手，向永生之主稱謝，使讚美之泉流入每個人的心間！



羅志勤

Michael Lo



World of Love

World of Love

You have a dollar and I have a dollar - even if we exchange the dollar, each of us still have only one dollar. You have a good idea and I have a good idea - if we share the ideas, each of us will have two great ideas.

In the ideological world of Michael: to spend money on oneself - the enjoyment can only be benefited by one person; where as contributing money to the welfare of the community - the enjoyment can be shared by many people. Although simple in attire, Michael always appears to be self-confident. He has little facial expression, but his eyes are filled with sentiment. He is not too smooth at speaking, but he says what he means - frankly and honestly. He always impresses people with his sincerity and authenticity. If one simply observes his outer appearance, one would never be aware of his powerful passion within.

Being genuine, loyal and benevolent

Shakespeare said that love could not be seen by the eyes but felt by the heart. De Vries proposed that love is like sunshine on earth, which gives every living thing the strength to grow. Fromm believed that love is to give and let grow. Using one word to describe "love", Michael says that this word would be "true" - same as the Chinese character of love, which is made up of the characters of "give" and "heart". Love is life, is living, is viable, is endless, is existing and is continuous. He quotes from the Bible that love is without fear – when love is complete, fear will disappear. "To give love away selflessly without any expectation of reward to the people we endear and to the people in general, it will be the same" Michael concludes.



When embittered by disappointments, Michael never gives up. He waits patiently and prays for improved situations or relationship. He stays calm and manages his emotion with his wisdom. Despite worldwide economic fluctuations, he continues to make contributions with no fear or reservation. He contributes not only financial support but also his time to serve the seniors, to promote arts, and to participate in various kinds of benevolent activities. His generosity has been cultivated from a long lifetime of learning and hard work.

Life is full of sentiments and affections

Michael is a very passionate person with a family background deeply rooted in the foundations of mutual trust and respect. Although he was born in a prosperous family, he was not given any privileges from his father. Instead, he had to pass through many stages of testing and challenges. He was trained and learned from bottom up in a family business environment.

When he was young, he was not able to comprehend his father's good intentions. He came to realize the core meaning of human relations when he

grew up. He treasures everything that he learnt and every person who has helped him. In return, he treats his colleagues and partners very well, which builds a strong foundation for a network of human connections. Michael believes, "Strict parents improve the education of children and strict teachers help students to achieve better results." "In a world of ever changing relations, we should live with sentiments and affections," Michael adds.

Confidence enriches life by defeating adversity

There are so many things happening in the world - some are "good" and others are "bad", while some are "expected" and others are "unexpected". People are happy to get what they want and become frustrated if it is not attained. Everybody likes and expects favourable times, but Michael can still remain positive and confident during unfavourable times. It is the attitude and mentality that reverses the adverse cycles and enriches life!

When Michael first started his business in 1988 in Toronto, he came across a lot of hardship. In managing a shopping plaza of over 100,000 square feet, which was then almost empty, he faced tough challenges. Some people even discouraged him and advised him to give up. It was from there he started to learn about running a restaurant business that he knew was crucial to bringing a strong traffic of customers to the plaza. Furthermore, he offered very attractive conditions in order to invite a supermarket operator that carried Asian groceries - a great demand in the area. Within three years' time, he managed to successfully turn around the occupancy rate. Nowadays, the Glen Cameron Place is completely leased out and is full of potential for further development.



Michael says that small green grass sprouting from the rift of stones demonstrates the strength of life. He quotes from I-ching: "As the universe manifests eternal orbital movement, people should always keep on self-motivated." He believes that the greatest enemy of human beings is "themselves". To conquer the problems, one should look inside; manage worries; modify strategies; turn back and change attitude; and be self-respected and self-assertive.

Ownership and enjoyment

To "own a fortune" as to "enjoy the merit of a fortune" are two totally different things. Although Michael owns properties and businesses in North America and Hong Kong, he enjoys spending time with friends. He once suffered emotional stresses that brought him to the realization that no matter how much fortune one owns, one only has a limited appetite and occupies a limited sleeping area each day. There are old Chinese sayings, "Even if one owns a land of thousand acres, how many quiet nights with sweet dreams may one enjoy?" and "For living over a hundred years, how many days may one enjoy without worries?" Michael believes that he has come into the world with absolutely nothing. He is very lucky - besides inheriting the wealth from his ancestors, he also has very kind parents, sisters and brothers, a daughter and a son, and many good friends. He is very grateful to enjoy the privileges of owning so many good things.

He recognizes that “fortune” in a narrow sense refers to “money, property, land, stocks etc.” while in the broad sense, it refers to “health, wisdom, relations, credibility, love, generosity and piety.” To him, “reputation, name, achievement” are all “fortune with a limited value” while “integrity, loyalty, genuineness, confidence and true love” are “fortune that is priceless”!

World vibrates with piety

Prosperous trees make roots deep into the thick soil while the ocean's water comes from the icebergs. Even animals like the crows know how to feed their parents. Human beings, the most intelligent creatures, should also treat their parents with respect and care. Michael believes that “piety” is a manifestation of ‘love”. It is an expression of “true love” and “responsibility” – a tradition that has been long lasting in China for over thousands of years. The tradition maintains the order and close relations within families - children should take care of their parents when they have grown up. “Piety” is a gratitude to “life”, and is a selfless repayment to the parents' lifetime of hard work. Michael wants to share this passion with everyone. He strongly believes that the world vibrates with life when generation after generation takes its turn to care the parents with “piety”.



愛的世界

你的手中有一塊錢，而我的手裡也有一塊錢，就算我們誠意互相彼此交換，每人終歸還是只有一塊錢。如果你的腦海中有一個好主意，而我的腦海裡也有一個好主意，我們同樣地誠意互相彼此交換，那麼你我就會各有兩個不同的好主意！

在羅志勤的思想世界裡，金錢花在自己身上，只得個人獨享；反之，把錢財貢獻在大眾公益事業上，就可以與眾同樂，共同受惠。只見他服飾淡樸，舉手投足間卻流露著自主與自信；表情簡明近乎於木訥，眼中卻洋溢著感性情操；不善於油腔滑調，卻實話實說，令人感到至真至誠；單憑外在表層去看，一般人難以理解察覺他內裡翻騰滾動的一股激盪洪流。



情深 愛真 自信心；孝義 仗義 公益心

莎士比亞說：「愛，不是以眼睛去看，而是用心。」雨果說：「愛，是感情的昇華，它有如陽光照耀大地，給萬物一股生長的力量，使其欣欣向榮。」佛洛姆說：「愛，是給予，讓對方能夠成長。」羅志勤對於 愛的真諦，如果要用一個字可以形容，那就是「真」，「受」以人「心」也。愛，就是生命、是人生；愛，就是生機、是無盡；愛，就是存在，沒有停止，只有延續；他引述聖經記載：「愛裡沒有懼怕；愛既完全，就把懼怕除去。」愛是無私的不斷付出，不望回報，對身邊的人肯定是，對廣大的社群亦是一樣。

在感情失落之時，他以無比的耐力，默默的每天祈禱守候期待；在人情冷暖，變幻不定的一刻，他先以定制動，後以智破迷；在經濟低潮之際，無懼無畏作忘我奉獻；為老人服務、藝術推廣及各種義舉善行慷慨解囊，出錢出力，千里迢迢，路遙拔涉，登台獻藝。他對世人的愛心關懷的背後，走過了人生悠悠歷煉學習的長堤。

人生有情有義

羅志勤是一個極重感情的人，而其背景特有濃厚忠孝節義所發展出愛意情誼，足以穿越時空，鼓盪人心。雖然出身家境不俗，但自少得老父磨煉考驗，在家族生意_從低做起，受盡苦頭冷淡對待。一度以為世間無情，直至年事漸長，於人事家業深徹洞察營運協調之奧妙、管理發展的竅門。通曉受人點滴之

恩，皆湧泉回報的道理，才明白當年老父苦心教導的重要意義。他長年往來美加香港奔走，就是靠身邊的忠心拍擋支持，互相絕對的信任建基於多年合作的深厚情誼，這與羅志勤的待人接物，處處皆流露節義門風，厚道待人有密切關係，

羅志勤認為「在人生過程中父母管教嚴勵是當然的，因為他們為了要子女將來成才，老師的強逼磨練也是當然的，因為要其學生取得有好成績。」

「由於世間人情澆薄，感情隔寞，為此，我們更加要積極爭取有情有義的人生呀！」

自信破逆境，人生不空過

世間人事，是非好壞，有當然有不當然；求得樂，求不得苦，有當然有不當然。順境求得當然是好，如果處於逆境，所求非得，是不當然，也能把它看成是當然的，以「逆來順受」處之，則制心一處，無事不辦，無愁不解，無憂不破。

自然界裡，和風令萬物生長，霜雪也令萬物成熟；若不經一番寒風徹骨，那來梅花的傲雪撲鼻香。羅志勤在多倫多創業初期遭遇到重重挫折與考驗，除了缺乏支持外，更有人雪上加霜，落井投石。在九零年初加拿大貨勞稅剛實施的時候，他一個人管理十多萬呎的近乎十室九空的商場，當時雖然是孤立無援，但他處變不驚，首先是自己投身嘗試經營飲食生意，再進



一步引進超級市場及其他華人商鋪，在短短三幾年間扭轉乾坤，今日在央街的金馬倫中心，充滿著無比的活力及具有開發擴展重建的潛質！

路邊的小草，從石縫中綻放出來，它也在展現生命的力量；易經云：「天行健，君子以自強不息」，天地擁有生命，生生不已；人生不能空過，自信破逆境，那怕難關萬重障阻。羅志勤坦言「人生最大的敵人是自己，要不斷地為自己內心的煩惱憂慮、人我是非清洗滌淨；不斷地改心、換性、回頭、轉身，及不斷地自我尊重，自我肯定。」

擁有與享有

儘管羅志勤及其家族擁有龐大的商場地段、物業分佈美加香港，他卻享受及珍惜他與客人朋友相聚暢談的時光。在他經歷人生最失落低潮，最失運失意之痛苦日子；終於參透「良田萬頃，日食幾何? 大廈千間，睡眠幾尺? 」的意義，任你「擁有」華廈豪宅，可曾「享有」多少晚清酣美夢的睡眠？即使「擁有」人生百歲，但是你又「享有幾多幸福清閒、無憂自在的日子？」細想自己本來孑然一身投世人間，除了繼承祖業，他還擁有慈愛的父母、姊弟、子女及一班良師益友。他更加珍惜「享有」現在「擁有」的一切一切。



他認為財富的「狹意」，泛指金錢、房屋、土地、股票等；而「廣義」的財富，涵蓋健康、智慧、人緣、信用、仁愛、仗義、孝道等。聲望、名譽、成就是「有價」的財富；人格、道德、真誠、自信、摯愛才是「無價」的財富。「與其身後留下財貫萬頃，不如當下活得豐盛精彩。」

世界因孝義感動

枝葉繁盛的樹木，紮根於厚實的土地，波濤浩瀚的江河，溯源於雪嶺冰峰，烏鴉孝親反哺，羔羊感恩跪乳，動物尚且懂得回報親恩，萬物之靈的人類，也從「上代而來，從己而出」的血緣關係中，將人性的真愛與善美，發揮到極點。

孝經曰：「孝為德之本......始於事親.....終於立身。」羅志勤感恩老父提攜，事親至孝。他認為「孝」是愛心的表現，是真情的流露；「孝」是人倫之際的一種密切關係及應有的一份責任，在千百年流離顛沛，迷惘失措的時空裡，「孝」維持長幼有序，父母子女世代相承的美德，「孝」是對生命的摯誠感謝，更是無悔無怨的回饋報恩，「孝」是與「親」與「人」與「生」的連繫，是他與為人子女者分享的一份血濃於水的親情愛意。

麥朝彥

Andre Mak

平常心是道，
道出不平常



Ordinary Pursuits Bring Extraordinary Achievements

Ordinary Pursuits Bring Extraordinary Achievements

Blossoms in Spring, Autumn Moon Glows
Mid Summer Breezes, Clear Winter Snow
Free of Worries Heart and Mind
Tranquility and Joy in all Time

This verse from a monk named Wei Hai "Boundless Wisdom" in the Shen Dynasty conveys a profound philosophy in the search of tranquility and joy through the appreciation of simplicity. The unique characteristics of the four seasons, gifts of nature, are part of life's most common experiences. Nevertheless, if one rids the mind from worries and trivial matters, one can better appreciate and enjoy the immense beauty in the four seasons.

This aptly describes the unassuming and perceptive character of Andre Mak, who lives life with a passion in pursuing his hopes and dreams.

Tranquil and Peaceful State of Mind

Andre was born in Macao (formerly a Portuguese Colony), China. At the tender age of three, his mother passed away due to illness. His grief-stricken father decided to pursue his goal of serving his country and departed for mainland China, leaving Andre and his younger brother in the care of their grandaunt. In spite of this experience, he never felt there was hardship in his childhood. Instead, he strived to be independent and took on the challenges and adventures in life with zest. When he was asked whether he had any misgivings about his childhood, without parental love, nurturing and guidance, he reflected only briefly and replied, "It never occurred to me that I had a harsh childhood, let alone bear grudges.... however, I am forever grateful and indebted to my grandaunt and grandfather who brought up and cared for my brother and myself and above all, for the values they instilled in us." His philosophy in life is "Tough it up during difficult times and never overindulge yourself during easy times".

Three years after completing his high school education in Macao, a garment manufacturing company sent him to Portugal to set up a new factory in Lisbon. Unaware of the fact that he was born in Macao and therefore obligated to serve the military for two years, he could not do anything in Lisbon without his proof of military service or the exemption papers. He then had to return to Macao to obtain the necessary exemption papers. Meanwhile, his aging grandfather in Canada wanted Andre and his brother to be with him and started the immigration application process. In March 1969, Andre set foot and planted his roots in Canada. He supported himself by working part time, during holidays and summers and completed his post secondary education, leading to the professional designation of Certified Management Accountant. He is married to Teresa for nearly thirty years with three children: Patricia, a pharmacist, Lawrence, an engineer and Benjamin who graduated with an engineering degree and is studying law now. Through the years, Andre has become a successful businessman.



His tranquil and peaceful state of mind guided him through the turbulent and challenging times. His view on that mindset is, "Be honest and sincere. Don't second-guess others. Do what is right. Reflect and repent upon one's misdeeds. Be kind to others and appreciate kindness from others. Be thankful for the niceties you are dealt in life and overlook the not-so-pleasant aspects." When asked whether he had any regrets about his humble beginnings as a new immigrant, his reply again reflects his mindset, "My grandfather and

great grandfather had been in Canada for a long time. We always think of Canada as our homeland." During the interview, Andre projected an unassuming yet profound philosophy from his seemingly peaceful and uneventful life.

For Things to Change, You have to Make it Happen

He believes changes are for the better. His motto in establishing and expanding his businesses is "Be flexible, adaptable and creative" in order to make changes to meet with the ever changing business world.

In the late 1970s, he started his Kwik Kopy Printing as a franchisee and enjoyed a rapid expansion during the next 7 years. Sensing the onset of economic downturn, he streamlined and downsized the operation, enabling him to ride through the ensuing economic recession in 1989. During the midst of the recession, he was already gearing up his investment to modernize his printing operation to prepare for the changing and growing business from his existing and new customers. His investment and hard work paid off handsomely after the economic recovery.

In 1992, he invested further to expand and upgrade his computer graphic arts and printing equipment to keep up with the changing technology. This enabled him to provide the technical support to help one of his customers to gain a substantial market share in the U.S., including garnering a US $300 million contract from the U.S. Federal Government. This customer has since been one of his major long-term loyal customers.

In the early 1990s, Andre and a few major Kwik Kopy Printing franchisees founded the Kwik Kopy Franchisees Association. He was elected Chairman of the Association. In recognition of his outstanding business achievements and dedication to the Kwik Kopy Printing system, he was awarded "Franchisee of the Year" in 1994. He was also appointed by Kwik Kopy Printing Corporation to join the International Negotiating



Committee, playing key roles in negotiating major contracts with suppliers to enhance the competitiveness of all the franchisees around the world.

In 2001, Andre sensed that the instant printing business had experienced drastic evolutionary changes. He started to invest in the video display monitor manufacturing. The new business has been steadily growing, gaining customers from North America, South America, Mexico and Asia. This again shows his flexibility, adaptability and creativity. While moving forward in a seemingly calm sea, he keeps his vigil on possible onset of crisis and danger.

The Power of Seeking Mutual Benefits: A Win-Win Formula

Andre's views on working with others are "Put your best foot forward, have an open mind to exchange ideas and look for common grounds. Always move forward with a proposition that is beneficial to all parties. Using this approach, half the battle in achieving the goal is won. If things don't pan out due to whatever reasons, you will always gain a friend." He believes in "United we stand and divided we fall. The key to success is always contingent on a union of people with a common objective. This applies to carrying out a plan, operating a company or running an organization."

Building Bridges in the Community

As a founding member and Co-chair, Andre has been instrumental in establishing the Mississauga Board of Chinese Professionals and Businesses (CPB). He has been working tirelessly, contributing to the success of the Association. The 500-members strong board has been a galvanizing force in

Mississauga. Whether it is for uniting the city's Chinese community, linking it with the rest of the city or connecting the business world in Mississauga with that in Hong Kong and China, CPB is all about building bridges to enhance and facilitate the socio-economic well-being of the community. With the collective efforts of the membership, CPB has organized numerous functions in the past 4 years. Health exhibitions and business seminars, surveys and studies in response to government policy changes, youth leadership forums and literary competitions, fundraising galas, walkathons and telethons for the soon-to-be built Yee Hong Geriatric Centre in Mississauga are but a few of the many functions that he has actively participated as the leader of the organization.

Model Citizen in the Community

On many occasions, the community has recognized and awarded Andre for his gallant efforts and contributions. In 2001, the Lieutenant Governor of Ontario awarded him the Ontario Medal of Good Citizenship along with his Co-chair Dr. Joseph K.H. Wong. Since 1973, the Ontario Medals of Good Citizenship have been awarded to 359 distinguished individuals in Ontario. This award is in recognition of their efforts and contributions in the leadership roles as Co-Chairs of Yee Hong Capital Campaign (Peel Region). The Yee Hong Community Wellness Foundation launched a campaign in 1998 to build three geriatric centres: Mississauga, Markham and Toronto. In three short years, through the dedication and hard work of its vast network of volunteers, the capital campaign has raised over $25 million.

In 2002, Andre received a commemorative medal in honour of the Queen's Golden Jubilee. This medal is awarded from the Governor General of Canada to individuals who have made a significant contribution to their community.

Translated by Christopher Mak

平常心是道，道出不平常

春有百花秋有月
夏有涼風冬有雪
若無閒事掛心頭
便是人間好時節

春天有百花盛開，秋天有明月照人；夏天有涼風送爽，冬天有雪霜映照。以上四句偈出自宋朝的無門慧開禪師。本來很平常，司空見慣的境象，其實內涵極不平凡的意義！每年四季各有獨具的情趣和韻味：欣賞眼前片刻之美，用輕柔敏銳的心細細體會感受，只要沒有煩惱和掛慮，每時每刻都是清歡的人間美好時光。正是：「眼內有塵三界小，心頭無事一床寬」。麥朝彥「不比較、不計較」的「平常心」，處處流露他對世事萬物的一份熱誠。　沒有造型造作，祇有實事實幹；沒有花巧虛浮，祇有靈活變通；沒有綺言説燦，但是句句動人心弦，扣人思路。



平常心是道

麥朝彥出生於澳門，才三歲母親便因病撒手離世，心懷壯志的父親為尋求自己理想亦同時捨他遠赴國內為國效忠。剩下

他與幼弟相依為命，由姑婆一手提攜長大。雖然如此，他並不覺得童年坎坷難過，年紀小小便會獨立照顧自己，更懂得切切實實的活在當下。對生活的一切難題，處之以平常之心；不怨天，不尤人，努力奮鬥為前途鋪路。當筆者問他，有沒有為當時母喪父離，對生活感到無助孤零，對命運心存怨懟？他稍靜思一會，回答道：「我從來沒有想過，更談不上埋怨，只是對姑婆的養育提攜感恩甚深。」儘管很多不幸的人會自怨自艾，麥朝彥卻體會到人生的現實，不會在夏天時渴望冬日的白雪，冬天時又嚮往夏天的麗日。 對於他，艱苦的日子，他埋頭苦幹便熬過去，在甜蜜的時光，他也沒有沈溺於享樂。

雖然在學時幾經波折，程度趕不上便走校轉班，直至完成學業。 廿多歲出頭便受聘往葡萄牙設廠，卻由於要當兵服役，逼於折返澳門。在取得兵役括免文件之時，正好祖父為他們申請移民加拿大。1969年正式登陸踏足楓葉國土，紮根於多倫多；結婚、養兒育女、讀書及展開個人事業。由於身無分文從頭做起、日間唸書，晚間兼職送貨直至做專業會計師，以及創業自己做生意，披荊斬棘，開天闢地；他於人生漫長崎嶇難行的長路上，歷煉成長。



麥朝彥憑著一顆「平常心」擺渡過湍浪急流。平常心，「就是一顆真實的心，不要有疑慮心，不要有誤解心。當吃飯的時候吃飯，睡覺的時候睡覺，說話的時候說話；應該做什麼事，就做什麼事。應該慚愧懺悔的時候，慚愧懺悔；該知足感恩的時候，

知足感恩；那就是平常心」。用合理的方法對待人與事，不要對社會留下歉意，不對生命留下遺憾。當問及有沒有為移民捱苦而抱怨時，他的回答再次顯露其不平常的「平常心」。他說道：「由於曾祖父和祖父移民已多年，我們一直視加拿大是我們的根！」

是真實生命的展現，在一朵野花中看見天堂，在一粒沙子中窺見世界，在一瞬間裡把握住永恆。品一盞茶，撰一份稿，森羅萬象，盡在其中。於麥朝彥看似平淡無奇的人生，卻綻放出生命不平凡的華彩。走訪麥朝彥，傾談中充滿禪機哲理。

「窮則變，變則通」

麥朝彥一生奉行的圭臬可以說是「窮則變，變則通」。七十年代末期開創自己事業，及後成為 Kwik Kopy Printing 的特許經營商。經歷六至七年間的蓬勃發展，麥朝彥以敏銳的觸角，於國家經濟未陷入低潮之前，毅然迅速裁減高層職員，收縮營運規模及節省開支，令其生意處「冬眠狀態」，藉此逃過八九年時的衰退期。而在經濟逆境中，他看準市場對一站式印刷服務的需要，他帶頭擴充營業，於其他同業還未準備好之前，他已經全線裝備，投入服務，迎接經濟轉型帶來的豐厚利潤。

九二年投資於高科技設施，技術人才；成功令客人憑藉加拿大資金機構，奪得三億元的美國聯邦政府合約，創下記錄。從此，這位客人也成為他公司的長期客人。　去年他又以速印行業快達到飽和，轉移投資生產電視光幕，供應南美、北美、墨



西哥及亞洲區遊戲及娛樂市場。再一次顯露他「窮則變，變則通」的無上智慧。而變通的基本，則源自「居安思危」及對發展事業的「遠見宏觀」及「出奇制勝」的重要策略理念。儘管前途一帆風順，春風得意，到處逢源，樣樣亨通；麥朝彥對於營運發揮，仍然保持一貫的「危機意識」。

麥朝彥由一個普通的特許經營商，更成為 Kwik Kopy Printing 特許經營商聯會創辦人及主席。除得1994 特許經營商獎外，其正面積極的貢獻，不但受到總行的認同及嘉許，還代表其他特許經營商於世界會議中，與供應商磋商節省成本合約，扮演重要的議價角色。

溝通交換意見，共識凝聚力量

麥朝彥認為：「與別人保持良性、和諧的互動關係；溝通很重要。」現代人經常自我設防，做成人際疏離、猜忌、不和。一個人能夠「從善如流」，「不求對抗、只尋共識」。讓人覺得自己很好說話，別人才會跟你溝通；能夠「置身處地為人著想」，讓別人覺得「於已有利」，別人也願意與你溝通。溝通

的目標是為了取得彼此的共識，達成意見一致，而非強迫對方接受自己的意見。 因此，要能站在對方的立場，置身處地的替對方著想，正是「見和同解，利均融洽」，於共同利益的大前題下，達成兼容並蓄，互存共榮。凡事保持開朗積極、開放進取、開明流暢；一切隨來隨遣，如是清楚，如是實在。

有了共同的認識，志向一致，目標一樣，力量集中，任何事情必能圓滿解決，有效地完成。因為沒有共同的認識，縱有力量，也會互相抵銷。你有你的主張，我有我的意見，他有他的計劃，大家各行其是，一切理想，就因為人力資源分散，因此不容易達到目的。一項計劃，志同道合、一個家族，齊心協力、一間機構內，上下一心；「成敗勝負，決定於最初是否有溝通、有共識」。

建橋架樑通商，傳訊呈意交誼

創辦至今只得四年，密西沙加華人專商業協會迅速突破 500 會員人數之眾。麥朝彥不眠不休為華人融入主流社區，提升社會及經濟優秀生活，默默努力，作出貢獻。先後組織籌辦慈善籌款、健康及商業展覽、中港加貿易推廣活動、國家政策變動的調查及研究，青少年領袖培訓、公益金百萬行等。麥朝彥在主流社區冒出頭來，人



氣急昇，只是短短近三年間的事情。他情繫華人區，要「共同攜手努力，共創美好家園。如果教育界都能努力教學，作育英才；傳播界都能篤實客觀，作正面報導；工商界都能改善品質，增加生產；政治界都能推動經貿，為民謀福，大家必能在穩固的基礎下，享有繁榮、祥和、安逸的生活。」

良才爲用，造福社群

麥朝彥獲獎無數，而最榮譽及具代表性的可算是「2001年安省傑出公民勳章」。自1973年頒發以來，只有359人獲獎。去年中，由省督親自頒發。該項 獎狀為安省由官方特別嘉許及鼓勵，傑出及對社區有特別貢獻表現優秀的良好市民。同時獲獎的有麥朝彥知心盟友，同事共同主席的黃家海醫生，表揚他們為「密西沙加頤康老人護理中心」籌集善款所作的努力及社區各項出色的貢獻！



在「紅楓傳奇」第三輯於今年十月面世之際，麥朝彥及黃醫生又再傳喜訊。聯邦政府為表揚他們的功蹟，頒發金禧年紀念勳章。 麥朝彥會以一顆平常心，再踏台板接受另一項不平凡的獎勵。

黃朱珍妮

Jenny Wong



Building a Beautiful and Attractive World

Building a Beautiful and Attractive World

In the fifties of the last century, Jenny Wong starteda business in ceramic photography. In the sixties, she expanded to bridal make up and portrait photography for newlyweds. In the seventies, she founded beauty training. In the eighties, she was the pionieer to import make-up and eyebrow tinting technology. In the nineties, she branched out to weight control. And in the new millenium, yet more emphasis on slimming programs. Over these some forty four years, in partnership with her husband, Peter Wong, Jenny established a "beauty world" bearing a distinct character of their own.

Time dashed by, and scenes and people changed over the years. But Jenny's devotion, and thankfulness to God and committment to church services, her selfless care for her family, the warm and concern she has for her friends, clients, staff and students, and the enthusiasm she has for her beauty career has remained steadfast.

Jenny immigrated to Toronto with her family fourteen years ago. Seeing excellent market potentials in Toronto, she and her husband decided to settle in Canada. She has since then established "Jenny Wong Beauty Institute", a training institute reognized by the local government, taking roots in Canada, and fully integrated into the Canadian society. During the Millennium and Ten Years' Friendship", a graduation ceremony for beauticians, Jenny muses over the "Sweetness" of her past ten years during which she has built up a wealth of experience and resources. Having mentored nearly 500 beauticians, she has nurtured impressive numbers of talents for the trade and provided job opportunities for many. "Sour" is how she describes the toils and labour in establishing her status in the profession. And "Bitter" is the efforts needed to train students of various backgrounds to the beauty trade, a trade which calls for high skills and sound knowledge, and where complete mastery is easier said than done. As for the "hot" stuff, she would no doubt name the episode years ago

when she first set up her beauty parlour in Canada. It took her three full years to push through the whole process from land use application, neighbourhood consultative hearing, construction plans to the many project alterations in the actual construction.

Enemies, Benefactors and Family

"Sweet, sour, bitter and hot", c'est la vie! In the stage of life, challenges and vicissitudes are the commonplace. There are bound to be competitions in the business world; it is only when competitors can back and learn from each other that excellence in the trade as whole can be brought along. Jenny appreciates that only a gracious spirit of collaborative co-existence and gainful competition could ensure survival in a business world that is rife with challenges.



Despite the economic downturn in the early days, Jenny's business prospered against the odds. The unemployed realized the benefit of acquiring a skill, so there was an appreciable increase in applications to her training school. The Wongs chose to focus on quality, customer service, and ever enhancement of professionism, recognizing that it is the ultimate long-term returns rather than immediate profits that counts. It is the will to excel, rather than the will to combat that will go a longer way towards eventual

accomplishment. Without a competitor, one can be as lonely as without a lover. "Be grateful to your enemies for they are the impetus propelling you forward," Jenny observes as her motto the importance of broad-mindedness to accommodate disparities.

According to an old Chinese legend, enemies and benefactors are in fact both part of one family. There the story goes: *once upon a time, there was a man who before reincarnation requested that all those who were close to him be divided into two halves, one half to become benefactors and the other half enemies in his next life. The benefactors were to support and assist him in times of need, and the enemies to alert and restrain him in times of complacency.* Of the many persons one meets in life, one naturally has to be thankful for those who are close and good to him. As for your rivals, also consider them a counter-force you are blessed with, a complementary relationship that is to be graciously embraced.

Being, Life and Eternity

We may not tell for sure if there is indeed a pre-existence or an after-life. Some may believe that living in the moment is what life is all about, and it would be pointless looking forward to a better tomorrow - just enjoy today. Others are less amenable to a life of instant pleasures, and believe that there is bound to be a deeper meaning to life, even though such meaning eludes precise definition. Their intuition tells them that a raison d'être does exist, and such an intuition pushes them ahead to search for the answer. With such conviction, a difference is made to one's life. One may still continue to work, earn a living, raise a family, and pursue personal ideals like all others do. But the different perspective will make a difference sense of life.

At peace with the boundless universe of which she is a part, Jenny has reached a state of inner serenity, unswerving in face of mutations and challenges around. She knows that more often than not, there will be a way out midst the



seeming impasse. It is all a matter of perception. Things take on a different look when seen from a different angle. It will only take a change of perspective to reach a peacefulness that sees blessings in distress, enlightenment in confusion.

A doer rather than a talker, Jenny believes that mere words without actions would lead to nowhere. It is only through actual practice that goals can ever be achieved. Stop pondering; get up and go. In my interview with the family, the drive and energy of the Wong's action team and their solidarity is unmistakable.

Eternal life is the ultimate blessing that many look forward to, but it does not mean one should wait in idle. One is to live out eternity in this very present life, and that is the true meaning of being. We have to be convinced that our words and deeds in this life will bear upon life in the eternity. Eternal life begins where our present life ends, and whether we would be eternally blessed or punished all depends on what we do and decide this life. Being, life and eternity are three in one, inseparable from each other.

Beauty, Glamour and Splendor
Elegance, Grace and Exquisiteness
Release Your Charm to Make a More Beautiful and Attractive World

Men have an innate desire for the aesthetic, which accounts for the ever quest for beauty and embellishment. Whether modern men want to look good in order to please themselves or those whom they would like to please, Jenny's

profession helps bring about beauty and charm. Beauty is an art, and also a feeling. A sense for the aesthetic is the most precious gift one can have. Those who are moved by the aesthetic could easily experience truth, compassion and beauty in their daily lives". There is physical as well as inner beauty, and beauty can also be natural or ornamented. Complementary to each other, these qualities together add up to true glamour and splendor.

Musicians move by melodic tunes; artists enthrall by affecting images; architects win acclaim through towering buildings; and orators captivate through poignant speeches. These are where their respective charisma lies. Everyone has his own charm; it is how the charm is displayed that is different. Charm is a kind of mesmerizing quality. For some, it is exuded through a pretty pace, for others, it is emanated through an intelligent mind, classy fashions, or trendy hairstyles. The profession of the beautician is to identify the uniqueness of each single face, enhancing what is already pretty and compensating for what can be improved. Comparing how one looks before and after the make up will tell the charm of the beauty profession.

Jenny wins her standing through her beauty profession, displaying her charisma as a beautician. Apart from her career, Jenny has also selflessly devoted to the care of her six children, displaying the charisma of a mother.

Selfless Love of a Mother

Jenny was born during the Japanese Occupation and received her schooling at the Sacred Heart College. Life as a child for her was no plain sail. She was separated from her parents until the end of the war, and that explains why she places particular importance on her family. Even now, family still matters most to her, career being only secondary. Despite her busy schedule, she has never been slack in the care and guidance of her children. She has different ways to mentor each of her children depending on their unique character and aptitude. The troubles taken were often not known to anyone but herself. Now all her six children already have families of their own and have established their own

profession that contributes to the society. Both a mother and the director of her beauty institutes, Jenny has on her shoulder a colossal workload. She is grateful to her children's joint efforts and unity of hearts in running the family business. On reflection she remarks, "Men are to steel themselves in struggles. Maintenance of harmonious relationships, daily management and operation of the business, as well as deployment of resources are ongoing concerns to face head on. And reliance on religion, faith, credibility and trust would be the key to it all." It is with strong faith that Jenny has gone through the good and bad times in life. Surrounded by her many children and grandchildren and with friends all over the world, Jenny is nowenjoying a rich life. There are times when she would also reminisce over the past. She tightly holds her hands and prays, trusting that God has prepared His own way for her. She firmly believes that God will put her family under His divine care, so that they would be blessed with a happy life, and would build on the career established by herself and her husband and achieve greater success. They are to continue to make this world more beautiful and attractive



Translated by Yvonne Ho

讓世界更美、更動人

廿世紀五十年代，開辦磁碟攝影；六十年代新娘化妝攝影；七十年代護膚培訓；八十年代，牽頭引進紋眉科技；九十年代減肥瘦身；廿一世紀千禧年代，纖體消脂。 渡過漫長的四十四個寒冬暑夏，黃朱珍妮與先夫黃豪捷攜手終於創造了具有個人獨特風格的「美容世界」。

寒來暑往，物換星移，幾十年間，如白駒過隙，經歷人事轉動不定，景物變化萬端；但她對天父聖堂的感恩待奉，對家庭至愛的體貼照顧，對朋友、客人、員工及學生的熱切關懷，對發展美容事業的雄心壯志，仍不忘初心，一直未有絲毫改動。

十四年前移民加國，鑑於多倫多的美容市場具有龐大發展空間，她夫婦毅然決定在楓葉國土落地生根，全情投入，融入本地的社會，並創辦政府承認訓練資格的「珍妮美容藝術學院」。在「十載千禧情」的一個職業美容師畢業禮中，黃朱珍妮以「甜」形容十年生聚，累積不少豐富的經驗和資源實力。 先後培訓專業美容師近五百名，除了造就不少優秀專業人材外，更提供大量就業機會。以「酸」描繪奮力於本行建立專業地位之艱辛。 以「苦」剖析學員們不同的背景，對於美容化妝的高深學問，是知易行難，易熟難精。 最後，亦為最「辣」之事，莫過於想當年籌辦興建自置物業的健美中心，其間申請土地規劃、鄰居諮詢聆聽會、調查審核、工程排期及施工修訂，足足花費時間逾三年！

敵人 恩人 自己人

「甜、酸、苦、辣」，猶如人之「生、老、病、死」，每個人都要經歷。人生命旅途上，到處荊棘坎坷，起伏顛簸不平，真是嘗盡滋味。商場上難免有競爭，然而同業間要互相扶持及學習，才有進步。珍妮體會到營商結盟，以「有競爭才有進步」的宏觀雅量相處，才可安渡人生的「辣酸苦」厄。



縱然當年世界經濟不景，她們的業務卻逆流而上。 待業人士為學習一門專長，報讀人數不斷飆升。 有遠見的成功企業家如黃氏夫婦於「素質」、「服務」上，以客人的利益為前題，以業內「專門知識」提升為己任。 毋爭一時短暫利益，要得長遠的豐厚回報。不要「爭鋒鬥氣」，「要鬥志爭氣」；「沒有情人會很寂寞，沒有敵人也可以很孤清」。 所以感謝敵人，更視其為恩人來成就自己，鞭策驅趕自我，不斷向前邁進！黃朱珍妮以「有容為大」，不斷砥勵自己。

話説遠古一個傳説，有個人在投生人世間之前，吩咐身邊的所有朋友及親人分為兩組:一半於來世做他的恩人，於苦難中負責扶持守護，另一半則扮演敵人的角色，於享樂中負責監督制衡。故此一生遇人無數，遇善者固之然好，遇惡者亦視之為

「逆緣上增」，感恩之餘，是應廣結人緣。

今生 人生 永生

不管有沒有前世來生，今生的「今朝有酒今朝醉」，也正是你的人生；也許你認為做人就是這麼一回事，沒有什麼好盼望更美的明天的！你也可能覺得人生不應該如此醉生夢死，人生應該有更大的意義值得你去追求；雖然你還不知道這些價值究竟在那裡，但你還是直覺地感到，一定有它的意義存在。這種直覺，很可能將成為一股強而有勁的動力，不斷地催促著你去尋找答案。若果如此，你的今生與人生，可能會不一樣了。雖然表面上你都要忙著工作、賺錢、養家，追求自己的理想，但因為人生的觀點不同，對今生的價值觀也就不同。

立身天地之間，存在無限寬廣的宇宙之中，黃朱珍妮超越一切外界的影響，不為境物所動，體會到優悠於無限時空中的逍遙自在。很多時「山窮水盡疑無路」卻又會變成「柳暗花明又一村」。這個是心態及觀點與角度的問題。存在著一種「橫看成嶺側成峰，遠近高低各不同」的情況。其實，衹要心念一轉，即可臻達「行至水窮處，坐看雲起時」的豁然心境。能從迷思中，探尋一條自己的出路。

一個人要達到目的必須「坐言起行」黃朱珍補充說道，「只說不做，永遠不能成辦，必須透過實際行動，才能完成目標」；與其「坐而說」，不如「起而行」。 筆者於談話中，就深深感覺體會到黃家的團隊精神，行動組的衝力幹勁。

相信永生是很多人嚮往及期待的最終目標，可是我們絕不可以坐著白等呀。「要今生就當下活於永生，才是真正的人生！

所以我必須堅信，今日之一舉一動，一言一行都與永生有關。縱然今生之終結是永生的開始，而永生之幸福或痛苦，則完全視乎今日之人生所作所為而決定，今生、人生、永生，三者如同一體，不能分割！」

美麗 華麗 艷麗，高貴 尊貴 名貴;
讓魅力散發，世界更美、更動人

人之所以持之以恆地愛美、裝扮粉飾，也是離不開人類本性對美的嚮往。 無論現今世代的人是為了「悅己」而美容，抑或是為了「悅己者」，為了受人欣賞而裝扮，黃朱珍妮美的事業可以說是讓世界更美、更充滿魅力。「美是一種藝術，亦是一種感受，美的心靈是吾人最一珍貴的資產。日常你心中有了美的感動，生活中自然無處不真，無處不善，無處不美。」美有外在的美，有內在的美；有天然的美，也有人工的美。 兩者相輔相承，才顯得人的美麗、華麗、艷麗。

音樂家用動聽的樂曲扣人心弦，這是音樂家魅力的散發；美術家用優美的構圖意境引人入勝，這是美術家魅力的散發；建築家用宏偉的高樓大廈賺得讚歎，這是建築家魅力的散發；演說家用精闢的題才令人心悅誠服，這是演說家魅力的散發。魅力人人都有，只是表現不同。所謂魅力，就是令人著迷的氣質。有人以容貌出色為魅力；有人以智慧出眾為魅力，有人以服式入時為魅力；有人以髮型獨特為魅力；而美容專業是根據個別人士的面部特點，將優點加強，而令弱點隱藏，難怪化妝前後有別，是化妝的魅力也！

黃朱珍妮用美容化妝贏得信譽，這是美容家魅力的散發！除事業以外，在悠長的歲月裡，還要兼顧照料六個兒女的起居飲食，這就是母親魅力的散發。

天大 地大 母愛至偉大



出長於日戰時代，學時就讀聖心中學，曾與雙親分隔至和平後，始再重聚，生活頗為艱苦。深感親情的重要，時至今日，在她心目中，家庭始終佔著不可動搖的首位，事業其次。工作安排固然緊密，照顧和教導子女處世待人之道更是重要，隨著各人的根性，各施以不同的教化，慈母用心良苦，有時也只有她自己才明白。雖然六位子女已長大成人，學有所得，成家立室，獻身社會。畢竟身兼家長與公司院長的她，每日要面對的工作量可真不少，幸好子女合力扶持，上下一心。其她坦白說道：「人生於磨煉考驗中，學習成長；人際和諧、管理經營、資源調配的問題此起彼落，不停不休；但，更重要的還是要有信仰、信心、信用及信任，」黃朱珍妮憑堅強的「信念」擺渡人生順逆流。現在兒孫承歡膝下，朋友滿天下，生活非常充實。間中腦海泛現一幕一幕前塵往事，她雙手緊握，虔誠地祈禱。深信神自有祂安排，深信她的家人會受到護蔭，過著幸福愉快的生活，深信兒孫可以將她及丈夫艱苦創立的基業繼續發揚光大，讓世界更美、更動人！

Mastering Life by Communicating with Sub-consciousness

Good luck, most of the time comes only by chance. One should not only sit and wait or await for miracles to happen. On the contrary, one should always rub his hand, roll the sleeves and get ready to attract the Lucky God to come.

Some people described the start of the 21st century as an Era of "negative asset", "bankruptcy","recession", "suicide" or even "disasters". Whereas the writer believes it is an age of "cleansing". It is the time to expel the toxin and negative elements which have been polluting our mind and body for so long. In fact, we could explore into our sub-consciousness to find better ways to master our life and destiny.

Mastering human life is still mysterious as there has not been much scientific study conducted so far. However, according to the writer's real experience and the people he knows, there have already been a lot of real cases evident to the effectiveness of making positive changes. Among the findings, people's determination, belief, thinking and behaviour have the closest relation with us. Although consciously determining to target at certain goals is crucial, the success and failure depends very much on the effective operation of sub-consciousness.

The first person who brought forth the concept of sub-consciousness was Dr. Sigmund Freud, a famous Psychologist and the Father of Psychoanalysis. According to the researches, a human brain consists of around 150 billion nerve cells or neurons, which is the master control centre of the body. It receives, processes, and stores the information that floods into it from inside and outside the body and issues "instructions" for body action. It is the seat of human consciousness, intellect, memory, emotions, and personality. However, 95% of our brain remains intact as a huge hidden potential not yet utilized.

To employ a much-used analogy: our mental state is just like an iceberg, the small portion above water is our consciousness which roughly represents only 5% and the big bulk lying below is our sub-consciousness which can be as large as 95%. As clever as geniuses such as Albert Einstein and Thomas Edison, they are believed to have used not more than 2% of the sub-consciousness.

Sub-consciousness is just like a machine, it could produce anything one wants. However, it needs one to monitor and control. It could be as simple as giving signals to the sub-consciousness. If a positive signal is received, it will produce positive results. Similar, input of a negative signal will accordingly output negative results. A famous sub-consciousness expert had once commented that if one continued to have dialogue with the sub-consciousness, his wishes and dreams would be realized. So being positive is very important in mastering the destiny and making sub-consciousness function in the way one wants.

Mind your thought, it will become an act;
Mind your act, it will become a habit;
Mind your habit, it will become a character;
Mind your character, it will become your life and destiny.

Due to limited space, please refer to the author's other publication for details or stay tuned for announcement of talks with related topics in the near future.

Kim Chau About the Author



Change for a Predictable Result

Speaker, motivator, life coach and Chinese Astrologist. Kim loves positive thinking and has been advocating "breaking and exceeding self-limits" for many year. He is well known by practicing positive attitude in negative environment and managing life by mastering creative changes. *Kim is the change master who shows how to turn mission into a passion, live the dreams instead of chase them, and turn possibilities into certainties."*

Ancient Wisdom for Modern Life

Kim is also the author of New Age Aura. The book extensively explores and analyzes the myth of human potentials and the scientific concepts and realistic ways of managing changes in human life. It is considered to be the first of its kind, encompassing of human aura, Chinese ancient metaphysics, scientific approaches and wisdom inspiring, all in one book.

On October 18, Kim just finished the first Holistic Fair Hong Kong at the Sheung Wan Cultural Centre. The response was very strong with over a thousand of persons attending the event. As the concept of the event was well received by the community, Kim was immediately requested to explore the possibility of co-organizing bigger events in the near future. In addition, Kim is also working in support of publishing a natural living directory that will be made available all over Hong Kong.

Harmony and Balance

Early next year, with his deep knowledge of the ancient art of divination and prediction, Kim will publish a new book namely, "Harmony-the living almanac". He will use "Enneagram" and five elements of the tradional twelve

animals to make scientific predictions for the Year of Lamb. He will also recommend simple and effective ways to ensure desirable changes. The feature of the book will focus on "body, mind and spirit". According to Kim, "change for a preditable result" starts from the physical, menatal and spiritual health of everyday living in harharmony with the nature. The book will be partially bilingual and will be available in North America, Hong Kong and China.

Open the door of your hidden potential with Kim Chau

Contact : rodkim77@hotmail.com or rodkim77@i-cable.com http://www.auracolour.com

用「潛意識」改變命運

「好運」往往是可遇不可求，不可老是以守株待兔心情，寄望奇蹟出現。 相反地，應該要時時刻刻摩拳擦掌，準備一切，好好吸引鴻運福星的降臨。

有人認定千禧年是「負資產年代」、「破產年代」、「衰退年代」、「輕生年代」，甚至「災難年代」。 筆者卻認為不必如比消極，這個世運實應為「清洗年代」，要為負極沈鬱的思維「排毒」，用「潛意識」改變自己的命運！

常言道：生死有命，富貴在天；其實人絕對可以改變命運啊！ 就以遠在加國西岸的阿樂兄為例，他挽救不少絕症垂危的病人，正在輪侯的人也不少。 而經筆者處理無數奇異案例，深知命運與人的決心，信念，思維及行為有絕對的關連影響！ 古來認為「有志者事竟成」，筆者卻發現單憑意志，朝夕砥礪自己，其實不足夠，因為真正操控及左右命運的幕後黑手是「潛意識」！

第一次提出人類具有潛在意識學説的人是著名心理學家弗洛依德。 根據估算，人類的腦神經細胞數量約有一千五百億個，腦神經細胞受到外部的刺激，會長出芽，再長成枝(神經元)，與其它腦細胞結合並相互聯絡，促使聯絡網的發達，於是開啟了資訊電路，然而人類有95%以上的神經元處於未使用的靜止狀態，這些沉睡的神經元如果能夠被喚醒，幾乎人人都可以變成「超人」。

如果將人類的整個意識比喻成一座冰山的話，那麼浮出水面的部份就是屬於「顯浮意識」的範圍，約佔意識的 5%。換句話說，95% 隱藏在冰山底下的意識就是屬於「潛意識」的力量。就算是像愛因斯坦，愛迪生等的天才人物，一生中也不過運用了他們潛意識力量不到 2%。因此，任何人不論你聰明才智的高低，背景的優劣，也不論你的願望多麼高不可攀，只要懂得善用這股潛在的能力，它就一定可以將你的願望具體的在你的生活中實現出來。

潛意識如同一部全能的機器，任何願望都可以辦得到，但需要有人來駕駛它，而這個人就是你自己！只要你有心控制，讓好的印象或暗示如「喜鵲報春」般經常進入潛意識便可。潛意識大師摩菲博士說過：「我們要不斷的用充滿希望與期待的話，來與潛意識交談對話，於是潛意識就會讓你的生活狀況變得更明朗，讓你的希望和期待實現」。

不去思想負面消極的事情，不去說負面破壞的廢話；選擇有積極性、正面性、建設性的東西，你可以絕對左右及改變你自己的命運。

留意你的思維，因爲思維會變成行動；
留意你的行動，因爲行動會變成習慣；
留意你的習慣，因爲習慣會變成個性；
留意你的個性，因爲個性會決定命運。

篇幅所限，有關「潛意識」的詳細解說，請參閱筆者其他著作或留意各地講座之公佈:

抗逆境，對惡運 say "no!"； 迎順境，向好運 say "yes!"

我的未來，我話事

失運不失敗、病身不病心

財年羊運：發財、發力、發揮、發光、發心

十二生肖、九型人格運轉乾坤

山管人丁水管財，風水氣場傳子孫

2004年八運即將來臨預告篇

周鑫　筆者簡略

改變達成預期成果

勵志講師、命理學家，以科學方法應用古代玄學智慧。多年埋頭鑽研提升自我、破困越限之法。研究環境磁場、氣場流程、色光分佈、術數命理；以科學方法印証，有多項突破性的重要發現！ 周鑫以「開啟人類之內在潛力，駕御命運」之信念，羅列實例，力証成效。**周鑫將「人生使命」化為「熱誠動力」，把「尋夢逐影之旅」建造「如夢滿願之道」、使「機會可能」成為「事實肯定」！**

古代智慧，現代藥石

周鑫其他著作有「測光創運」一書，披揭人類潛能奧祕，利用光及顏色，自我肯定，創運的科學方法。融匯測光、命理、科學及勵志，編輯成書。

剛於八月十八日，假座上環文娛中心舉行的「香港身心靈展覽會」及專題講座，參加者逾千，反應熱烈！ 會後，得到社區各界熱烈支持，計劃進一步合辦更具規模的活動。 周鑫更支持推動「心脈跳躍 - 自然生活快線」，為全港提供服務及產品指南。

陰陽調和，五行相生

明年初，周鑫即將於美加、香港各地，發行「玄機 - 自然生活曆書」創刊號，用「九型人格」講解十二生肖運程。 並以「身、心、靈健康」為主題，改命創運由身體開始，著重「健身、纖體、排毒」；心志方面著重「潛意識」的改造；靈識方面著重「陰陽五行」的運用，以簡易文字闡釋生命在大宇宙之奧妙。

爲你打開心扉之大門關卡，開啟無盡的內在潛能

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http://www.auracolour.com

陳志尚師傅

「八獅九鼓十方緣。」
「人的能力沒有高低之分，只有志向大小之別。」
「有志者走遍天下，無願者寸步難行。」
希聖希賢，那麼「非聖即賢」；志向在凡夫的，也盡是凡夫。

伍卓生 資深僑領

「知識改變命運！」
「退而不休，充實的生命沒有時間老！」
「一燈能破千年暗，薪火相傳照萬象。」

黎炳昭老師 教育家

「以美育薰陶，培養兒童的優良品格及正確的人生觀。」
「孩童限於言語及文字的表達，用畫與他們溝通，最為有效。」
「千金難買少年貧！」
「生活藝術化，藝術生活化。」

林立 資深僑領

「人生不「專尚」在擁有幾多，卻在「尊貴」於肯付出多少！」
「一揮手、一抹笑之中；化解恩怨是非。」
「敵對」可轉化為「友誼」，「衝突」可轉化為「合作」。

李基傑 物理治療師

「煉鐵成鋼，磨柱成針。」
「信念」可化腐朽為神奇。
「敬人者人恆敬之，愛人者人恆愛之。」
「人常身於福中不知福，神長伴身旁而不知神。」

徐蕙芳

「要化悲憤為力量！」
「我不是天才，只是懂得安排時間及養成良好、有秩序的生活習慣。」
「壞的習慣就是最壞的主人」，「好的習慣，才是最好的僕人。」
「把光亮帶到黑暗，把愛心及關懷帶到恐懼！」

黃家海醫生

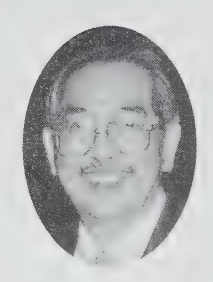
「成功的整容手術，不單改變長相，連人生都改變了。」
「相由心生」，「心由相改」。
「錢重要，但不是最重要。」
「濟世為懷，不為將相，誓為良醫。」

袁海耀 企業家

每日都問：「該做的工作完成否？」
「敢」於嘗試，「敢」於承擔，「敢」於面對。
「人生如一枝「蠟燭」，照亮了自己，也照亮了別人。」
「取之社會，用諸社會，人不可獨善其身；有一分能力都應回饋社會。」







Jimmy Chan, Master of Lion dance

"Inspired by the lions, propelled by the drums"

"Traveling is Learning"

"Life in its own way, is just like the Lion Dance performance – have to be as agile as the lion, be flexible, be able to bend, and be able to move to the beat and rhythm of life."



Hughes Eng, Community Leader

"Knowledge changes destiny"

"The pursuit of knowledge can be likened a perpetual treasure hurt and the results always bring mental affluence and spiritual fulfillment."

"Retiring without retreating, the busier the younger."



Ki Kit Li, Physiotherapist

"Refining the metal into steel and sharpening the steel into a fine needle"

"Faith can turn a bad situation into an excellent opportunity"

"We live a good life, and yet we never realize it."



Michael Lai, Educator and Artist

"Art can help children develop good behaviour and an appreciation of life."

"Poverty, especially poverty during youth, is a treasure to children because they then must develop great determination to work hard and challenge themselves to succeed."

"Real Life is an Artist Life and an Artist Life is a Real Life."



Don Lim, Community Leader

"Dedication with destination, a 100% devotion"
"Life is valuable not through possessions but respectable and decent through volunteering services"
"Enemy can become friends"
"Confrontation can be turned into co-operation"



Teresa Tsui, Real Estate Associate Broker

"Rolling stones will develop no moss; worms cannot grow in a flowing river."
"I am not a genius, I just have good discipline and am able to manage time and my resources"
"Bad habits are the worst enemies while good habits are always the best servants"



Dr. Joseph K. Wong, M.D.F.R.C.S.

"One's self-image is well related to one's confidence and way of approaching life's challenges"
"Successful facial operation not only changes the look, it also change life"
"Monetary reward is important, but not the most important"



Alexander H. Yuan, Entrepreneur

"Have I finished all my work today?"
"The aim of life is not longevity, but life's experiences and richness"
"Receive from the community and reinvest in the community."
"Life is just a candle. It not only illuminates itself, but also illuminates others."

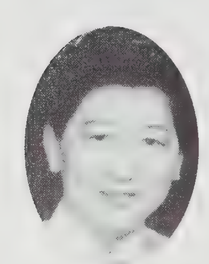


陳淑煥 女高音歌唱家

「天地悠悠，學海無涯，世事萬物，一花一草，一沙一石，都潛藏著豐富的學問。做到老，學到老，取之不竭，用之不盡。」

「人生匆匆，變幻莫測，觀機應變，一言一語，一心一意，都體驗著豐盛的經歷。盡力做，拼力做，勝之不驕，敗之不餒。」

「跳出小我自利的框框，搖身一變成為大我利他。」



方黃慧蕾老師 音樂家

「負傷忍痛，一心傳藝，忘我奉獻。」

「生之悲壯，苦得有理。」

「遍灑箏絃種子，雅音弘播十方。」

「言語發自心聲，詞令寄於學問；絃奏出千曲藝情懷！」



高張愛絲 時裝設計師

「她做得到，我也可以！」

「如果一人有一個夢想，那ˇ.我便是一個尋夢人！」

有「問題」，不過有「辦法」。

雖然沒有「學歷」，只靠「學力」及「毅力」，邊學邊做，也可開闖出人生精彩新路向。



陸郎毅 義務工作者

「不要害怕別人取笑，勤奮學習，甚麼都學得到。」

「生不帶來，死不帶去，全情奉獻。」

「上天對人最公平。今次賦與給你一切一切，如果你不好好善用，下一次，不會再給你。」



王裕佳醫生 頤康基金創辦人

「如果沒有真正嘗試過，千萬不可輕言放棄。」
「勤奮努力，無可代替；切實需要，勢必成就。」
「人緣關係，事半功倍；勝利當前，忌驕戒傲。」
「懸壺濟世，老吾老以及人之老，造福社群。」



黃志華市議員

「付出真心至誠 以我心換你心。」
「以眾心為己心，以眾利為己利。」
「我們這麼少人面對的是這麼多的問題？其實這麼多的問題，
構思解決都是由一少撮人開始！我們切不可輕視個人的力量！」



黃振聲 企業家

「捱罵中進步、批評中學習。」
「人家罵你，是給你機會改過；人家再不罵你，
代表著改過的機會都沒有！」
以「批評」為良師，以「學習」為益友。」
「失敗的人，遇到批評，昂然拒絕；遇到災難，便低下頭來，失卻鬥志。
「成功的人，遇到批評，低下頭來，虛心受教，檢討過失，痛改前非；遇到災難，昂然挺胸，超越極限！」



阮啟剛 專業會計師

「天助不如人助，人助不如自助。」
「向最好的同業學習」
「生命，仿如一場撲克牌局；真正的高手，不在於每次拿得到好牌，而是善於處理每次拿到的壞牌！」
老父處世格言，「忠忠直直，情願終生乞食」





Agnes Chan, Soprano

" Sky has no limit, the same is learning. Flowers and grass, sand and stone, everything is the wealth of knowledge can be used and will never be exhausted."

" All about love, no regret."

" Managing turns on the high way of life."

Alice Fong, Musician

" Language expresses voice from the heart, words reflect profusion of knowledge while classical music carries the compassion of ancient sentiments."

" Great people survived through quandaries, just as an author would not write eloquently without first facing adverse challenges."

Alice Ko, Fashion Designer

" It is all about following a dream."

" If she can do it, I can do it too."

" Where there is a problem, there is a solution."

Helen Lu, Community Volunteer

" Never be afraid of laughing at by people; learn hard, you can learning everything!"

" God is fair to everybody. This time one is graced with fortune, wisdom, hands and body, and everything; if one does not use it positively, God will not give it next time."

" Volunteering work is full of compassion, empathy and spiritual enlightenment."

Dr. Joseph Wong, Founder of Yee Hong Community Wellness Foundation

" Never give up without really trying hard enough."

" Hard work. It cannot be replaced by anything."

" Kindness begets kindness; good relation counts,
be humble in face of victory."

Pheobus Wong, Entrepreneur

" Learn from mistakes, improve through criticism."

" When people are still willing to tell you the mistakes, they are giving you the chances."

" More business, less risk; research and development is the key."

Tony Wong, Regional Councillor

"If I lose, I will always try again until i succeed."

" My heart,your compassion; my compassion, your heart."

"For so many problems, its solutions always come from a small group of people!"

John Yuen, C.G..A.

" Learning from the best."

" Life is just an art of playing card game. The best player is not always the one who has good cards but the one who knows how to deal with bad cards."

" I do the very best I can, and I leave the results to the lap of Gods."

Legend Update



Dr. Joseph K. Wong is honoured with Queen's Golden Jubilee Medal 2002



Helen Lu is honoured with Senior Achievment Award 2002

Congratulations!

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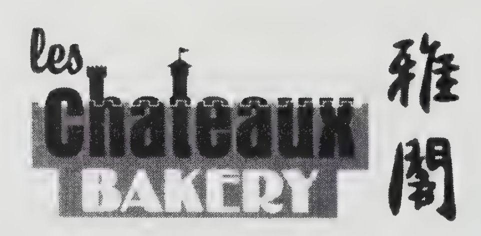
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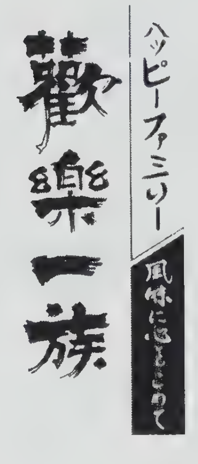
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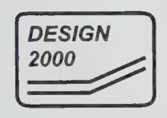
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